Physical Education/ Health Education Learning Resources: Kindergarten to Senior 2

Compilation of
Annotated Bibliographies
(2002–2004)

Manitoba
Building for the Future

PHYSICAL EDUCATION/HEALTH EDUCATION LEARNING RESOURCES: KINDERGARTEN TO SENIOR 2

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Annotated Bibliographies
(2002-2004)

2004

Manitoba Education, Citizenship and Youth

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This document is available on the Manitoba Education, Citizenship and Youth website at:
<http://www.edu.gov.mb.ca/ks4/learnres/bibliographies.html>.

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INTRODUCTION

Selecting and Purchasing Learning Resources

Physical Education/Health Education Learning Resources: Kindergarten to Senior 2: Compilation of Annotated Bibliographies (2002-2004) is a reference tool provided by Manitoba Education, Citizenship and Youth to help educators select student and teacher learning resources that support Kindergarten to Senior 2 physical education/health education. This compilation is intended to be used as a reference for selecting learning resources, along with the *Manitoba Text Book Bureau Catalogue of Learning Resources*, which lists physical education and/or health education resources and provides ordering information and prices. The learning resources can also be purchased by visiting the online version of the Manitoba Text Book Bureau (MTBB) catalogue at <http://www.mtbb.mb.ca>.

Curricular Materials Grant

Manitoba Education, Citizenship and Youth provides school divisions and schools with a Curricular Materials Grant of $50.00 per eligible pupil. Thirty dollars of this grant can only be accessed by ordering curricular materials through the Manitoba Text Book Bureau (MTBB).

Learning Resources Reviews

The learning resources listed in *Physical Education/Health Education Learning Resources: Kindergarten to Senior 2: Compilation of Annotated Bibliographies (2002-2004)* were reviewed for the purpose of identifying materials that support Manitoba's physical education/health education curriculum. Educators from across Manitoba participated in the reviews. All review participants were selected by Manitoba Education, Citizenship and Youth from superintendent nominations.

The learning resources included in this compilation of annotated bibliographies have been designated as Kindergarten to Senior 2 physical education and/or health education resources through the following Manitoba reviews:

- **Kindergarten to Grade 8 Reviews:** In 2001, 2002, and 2003, Manitoba Education, Citizenship and Youth issued calls to publishers, producers, and distributors for Kindergarten to Grade 8 physical education/health education resources. In April 2002, 2003, and 2004, teams of teacher-evaluators from Manitoba schools examined the learning resources submitted in response to the respective calls and made recommendations regarding the suitability of the resources using a collaborative review process.
- **Senior 1 and Senior 2 Reviews:** In 2002 and 2003, Manitoba issued calls to publishers, producers, and distributors for Senior 1 and Senior 2 physical education/health education resources. In April 2003 and 2004, teams of teacher-evaluators from Manitoba schools examined the learning resources submitted in response to the respective calls and made recommendations regarding the suitability of the resources using a collaborative review process.

This compilation of annotated bibliographies identifies and describes the learning resources that evaluators selected in the 2002, 2003, and 2004 reviews. The **Date Recommended** heading for each annotation identifies the year that a given resource was selected, with **the latest additions identified in red bold face type.**

Resource Selection Criteria

The selection of learning resources was based on the fidelity with the rationale, philosophy, processes, and learning outcomes identified in *Kindergarten to Senior 4 Physical Education/Health Education: Manitoba Curriculum Framework of Outcomes for Active Healthy Lifestyles* (2000). In addition to identifying the student learning outcomes for each grade, the curriculum document includes a Scope and Sequence Chart for each of the five general learning outcomes and provides attitude indicators for each general learning outcome to support the vision of *physically active and healthy lifestyles for all.*

The learning resources in this compilation of annotated bibliographies were selected according to the following criteria:

- **Curriculum Fit/Content/Philosophy:** Evaluators determined the suitability of each learning resource by considering the degree to which the content and processes of the resource align with the curriculum, thus providing support for teacher implementation. They also considered grade-appropriateness. Some resources did not align with a particular grade since some of the health topics are dealt with in specific grades, as defined in Manitoba's Scope and Sequence Charts. (For example, Substance Use and Abuse Prevention is addressed in all years except Grades 2, 4, 6, and 8.) Evaluators also determined the degree to which the resource provides for multiple approaches to learning, has a wide range of use, is current, and includes a variety of media formats.
- **Instructional Design:** Evaluators determined the appropriateness of the resource in terms of instructional design, determining the degree to which the resource states instructional goals and learner outcomes, and addresses a variety of learning and teaching styles.
- **Technical Design:** Evaluators determined the appropriateness of the resource in terms of technical design, considering the degree to which the resource is visually interesting, appealing, and has a logical and consistent form.
- **Social Considerations:** Evaluators determined the appropriateness of the resource in terms of social concerns. They considered the degree to which the resource is free of bias and stereotyping, includes Canadian content, uses culturally diverse examples, and accurately portrays First Nations, Inuit, and Métis peoples.

  For **potentially sensitive content** (i.e., Personal Safety [associated with sexual abuse/exploitation], Substance Use and Abuse Prevention, Human Sexuality), a **caution** was added to the applicable annotations to remind educators that decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level. The intent of the learning resources reviews was to offer a balanced collection representing a variety of perspectives on potentially sensitive content.

Several **websites and online resources** are listed in this document to identify potentially useful ideas for teaching and learning, but they have not been reviewed. The responsibility to evaluate these sites and resources rests with teachers.

When using this compilation of annotated bibliographies to select learning and teaching resources, teachers should consider how the resources meet the learning requirements of students, the perspectives of their own student population, and the decisions of the local school/division related to the delivery of potentially sensitive content.

Information on a specific learning resource may be obtained from the descriptive information in this document, as well as from the supplier, published reviews, colleagues, and an examination of the resource.

Terms and Definitions

The following terms and definitions are used in this compilation of annotated bibliographies to describe the learning resources:

- **Breadth:** identifies student learning resources that address a wide range of topics (with the highest possible level of fidelity with the curriculum framework) for a particular grade.
- **Depth:** identifies student learning resources (with the highest possible level of fidelity with the curriculum framework) that provide especially effective learning experiences for students for a particular grouping of student learning outcomes.
- **Breadth and Depth:** identifies comprehensive learning resources that provide both breadth and depth dimensions for a particular grouping of student learning outcomes.
- **Teacher Professional Reference:** identifies resources that provide theory, research, and classroom strategies to assist teachers in implementing the learning outcomes identified for a specific subject area.
- **Teacher Reference Handbook:** identifies resources that assist teachers in implementing the learning outcomes identified for a given subject area (e.g., rulebooks for sports, guides for games, sports, or gymnastics).
- **Teacher Support Material:** identifies resources that support teachers in implementing the accompanying student learning resources. Support materials include
  - — guidelines in using specific material, providing instructional and assessment support and suggestions for adaptation
  - — strategies that address many of the general and specific learning outcomes
  - — suggestions for cross-curricular connections
  - — extensive instructional support, including assessment
- **Parent Support Material:** identifies resources that enable parents to support the implementation of student learning outcomes.
- **Multi-component Resources:** identifies multi-component and/or multi-grade resources that may or may not include a teacher resource. The multi-component resource titles appear in blue type (with individual components shown in black type).
- **Stand-alone Resource:** identifies a single resource. The titles appear in green type.

Organization

This compilation of annotated bibliographies contains titles and annotations of the learning resources selected in the April 2002, 2003, and 2004 Kindergarten to Grade 8 reviews and in the April 2003 and 2004 Senior 1 and Senior 2 reviews.

Titles and Annotations

The learning resources appear in alphabetical order by title in the following sections:

- **Physical Education Resources: Kindergarten to Senior 2**
- **Health Education Resources: Kindergarten to Senior 2**

Titles that apply to both physical education and health education appear in both sections.

An annotation is provided for each stand-alone resource. The title of each **stand-alone resource** appears in green type.

Multi-component resources have an overall annotation (describing the components, organization, and general cautions, if applicable), followed by descriptions of the individual components. The **multi-component resource** titles appear in blue type (with individual components shown in black type).

The descriptions of physical education/health education (PE/HE) learning resources include references to the general learning outcomes (GLOs) and key strand/topic areas:

GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 1: Alternative Pursuits
GLO 1: Rhythmic/Gymnastics
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Personal Health Practices
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Substance Use and Abuse Prevention
GLO 5: Human Sexuality

For descriptions of the GLOs, Summary Charts, and Scope and Sequence Charts (which include strand and substrand titles), please refer to the introductory sections for each GLO in *Kindergarten to Senior 4 Physical Education/Health Education: Manitoba Curriculum Framework of Outcomes for Active Healthy Lifestyles* (2000). They are also available online at <http://www.edu.gov.mb.ca/ks4/cur/physhlth>.

A **sample resource description** and **definitions of resource descriptions** appear on the following pages.

Indexes

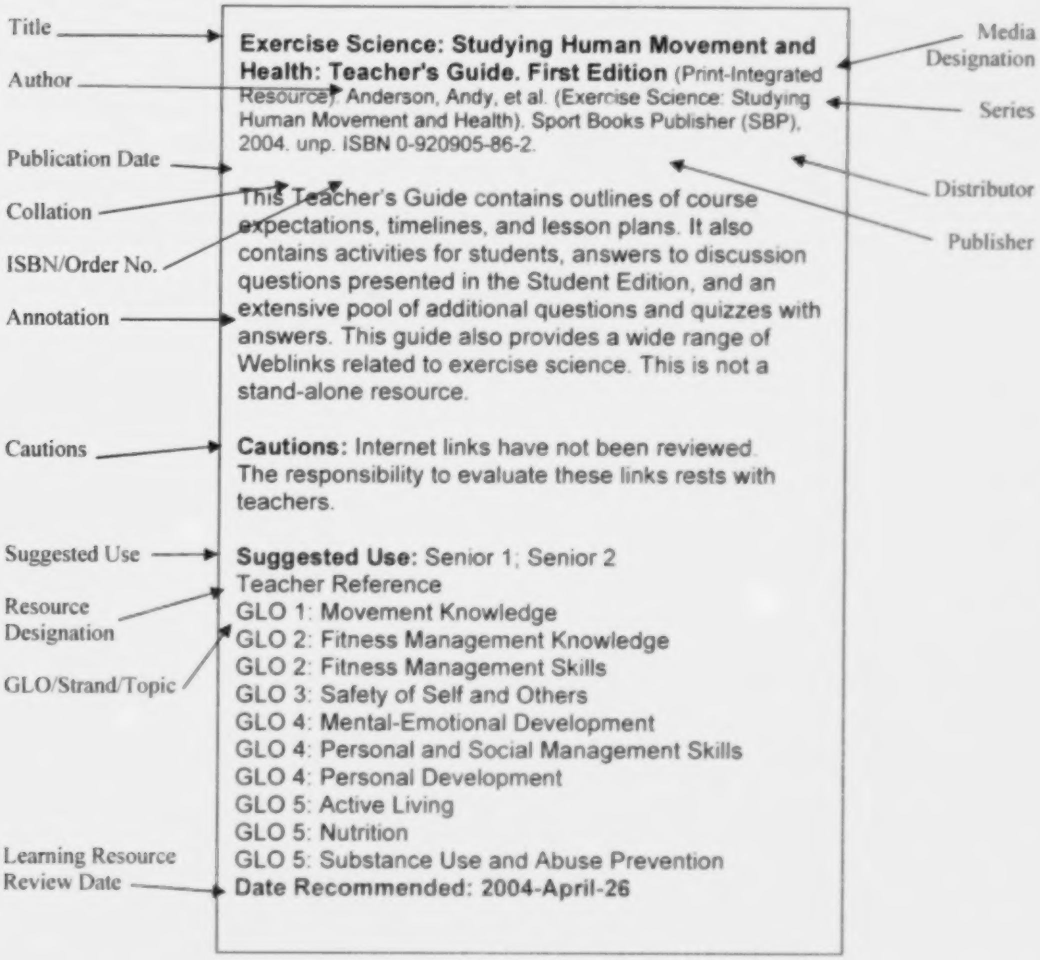
Both the physical education and health education sections of this compilation of annotated bibliographies include indexes of titles by

- GLO/Strand
- Grade
- Grade Grouping
- Resource Designation
- Format

Distributor Directory

The **Distributor Directory** at the end of this document provides an alphabetical listing of distributors, including their addresses.

Resource Description: Sample Page



Exercise Science: Studying Human Movement and Health: Teacher's Guide. First Edition (Print-Integrated Resource). Anderson, Andy, et al. (Exercise Science: Studying Human Movement and Health). Sport Books Publisher (SBP), 2004. unp. ISBN 0-920905-86-2.

This Teacher's Guide contains outlines of course expectations, timelines, and lesson plans. It also contains activities for students, answers to discussion questions presented in the Student Edition, and an extensive pool of additional questions and quizzes with answers. This guide also provides a wide range of Weblinks related to exercise science. This is not a stand-alone resource.

Cautions: Internet links have not been reviewed. The responsibility to evaluate these links rests with teachers.

Suggested Use: Senior 1; Senior 2
Teacher Reference
GLO 1: Movement Knowledge
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Title
Author
Publication Date
Collation
ISBN/Order No.
Annotation
Cautions
Suggested Use
Resource Designation
GLO/Strand/Topic
Learning Resource Review Date
Media Designation
Series
Distributor
Publisher

Note: Definitions of resource descriptions appear on the following page.

Resource Description: Definitions

The following information is provided for each learning and teaching resource (as applicable):

- **Annotation:** provides an overall description of the resource. Brief annotations of individual components and/or groups of components of the integrated resources and series are also provided.
- **Author(s):** refers to the author(s), editor(s), or director(s) of the resource. When a resource has more than three authors/editors, only the first name is cited, followed by "et al."
- **Cautions:** alert teachers to potentially sensitive curriculum fit issues or possible community concerns relating to the resource.
- **Collation:** specifies the number of pages of the resource. Some resources are not paginated.
- **Date Recommended:** specifies the date that a given resource was selected, with the **latest additions identified in red bold face type.**
- **Distributor:** is abbreviated in parentheses following the publisher or producer. The full names, addresses, fax numbers, and telephone numbers of these companies are given in the Distributor Directory.
- **Media Designation:** refers to resource categories, such as print, non-fiction, kit, integrated resource, series, book collection, anthology, software, video, or audio.
- **Suggested Use:** indicates the grade(s) and GLO(s)/strand(s)/topic(s) for which the resource is most suitable and identifies the resource designation. *Resource designation* refers to classifications such as the following:
    - — student breadth, depth, or breadth and depth
    - — teacher professional reference
    - — teacher reference handbook
    - — teacher support material
    - — parent support material

  The resource designation for an integrated resource and series applies to the resource as a whole. Please note, for example, that an integrated resource may be designated as student depth and breadth and as teacher and/or parent support material. This indicates that the audience for the resource is students, but the resource also includes teacher and/or parent support material.
- **System Requirements:** specifies the system requirements needed to operate the software resource successfully. Abbreviations used: MB—megabyte; RAM—random-access memory.
- **Title:** refers to the name of the resource. All titles are listed in alphabetical order. Titles of individual components within the integrated resources and series are also provided.

Physical Education Resources: Kindergarten to Senior 2 (2002-2004)

Physical Education Resources: Kindergarten to Senior 2

Titles and Annotations

Please Note:

- The title of each **stand-alone resource** appears in **green type**.
- The title of each **multi-component resource** appears in **blue type** (with individual components shown in black type).
- The **Date Recommended** heading for each annotation identifies the year that a given resource was selected, with **the latest additions identified in red bold face type.**

Adapted Physical Education and Sport. Third Edition (Print-Non-Fiction). Winnick, Joseph P., Editor. Human Kinetics Publishers, Inc. (HKB), 2000. 490 p. ISBN 0-7360-3324-6.

This comprehensive resource provides clear and concise information for classroom teachers, resource teachers, and physical educators who interact with students requiring adaptations to physical education programming, including students with injuries, behaviour problems, special needs, and so on. This text offers practical suggestions for physical education and sports activities, with specific activity modifications and variations for students who require adapted physical education. It also addresses topics such as educational implications associated with disabilities, individual education plans (IEPs), measurement and assessment, and behaviour management.

This resource contains the following sections, which are further organized into chapters:

- Foundational Topics (e.g., program organization, behaviour management, and IEPs)
- Individuals with Unique Needs (e.g., ranging from amputations to spinal cord disabilities, behavioural disorders, and visual impairments)
- Developmental Considerations (e.g., motor development and adapted programs for children)
- Adapted Activities and Sports for Individuals with Unique Needs (e.g., physical fitness, rhythm, and dance, and a range of individual and team sports)

Each chapter begins with an index outlining the relevant information regarding disabilities and practical instructional strategies. At the end of the book, there is a subject index, as well as a comprehensive list of references, resources, and sport organizations. Overall, this hardcover resource is well laid out, has clear headings, and makes effective use of graphics.

This resource promotes respect for diversity and inclusion and shows thoughtfulness and consideration in dealing with the subject matter. Background information on HIV/AIDS, fetal alcohol syndrome/effects (FAS/FAE), and substance use and abuse is included for teacher use.

Cautions: Although this resource is based on American content and statistics, the information is accurate regardless of the country of origin. Chapter 8 contains outdated terminology (e.g., table 8.1, p. 113). Some American terms and definitions (e.g., mental retardation) may not be consistent with Manitoba usage. The resource also addresses potentially sensitive issues such as HIV/AIDS and FAS/FAE. Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4; Grade 5; Grade 6; Grade 7; Grade 8; Senior 1; Senior 2
Grade Group: K – 8
Teacher Reference; Parent – Support; Students with Special Needs
GLO 1: Alternative Pursuits
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge

GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
Date Recommended: 2004-April-26

Amazing Women Athletes (Print-Non-Fiction). Bryant, Jill. (The Women's Hall of Fame series). Second Story Press (UTP), 2001. 75 p. ISBN 1-896764-44-4.

This book looks closely at 10 international female athletes: Annie Smith Peck, Bobbie Rosenfeld, Sandra Schmirler, Julie Krone, Chantal Petitclerc, Cathy Freeman, Chen Lu, Hayley Wickenheiser, and Venus and Serena Williams. Each chapter tells the story of one athlete striving to achieve her dreams. Sources provided at the back of the softcover book include websites and other references about the athletes.

Suggested Use: Grade 5; Grade 6; Grade 7; Grade 8; Senior 1; Senior 2
Grade Group: 5 – 8
Student – Depth
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
Date Recommended: 2004-April-26

Assessment Strategies for Elementary Physical Education (Print-Non-Fiction). Susan Schiemer. Human Kinetics Publishers, Inc. (HKB), 2000. 144 p. ISBN 0-88011-569-6.

This resource provides mostly paper and pencil type assessment strategies, with black and white illustrations, that could be used in portfolios from Grades 1 to 6. Each assessment strategy clearly identifies the performance criteria. The author gives permission to reproduce the ready-to-use worksheets.

Cautions: This softcover resource does not include suggestions for authentic performance-based assessments that promote physically active learning.

Suggested Use: Grade 1; Grade 2; Grade 3; Grade 4; Grade 5; Grade 6
Grade Group: K - 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 2: Fitness Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
Date Recommended: 2002-May-01

Ballerinas Don't Wear Glasses (Print-Picture Book). Manson, Ainslie, et al. Orca Book Publishers Ltd. (ORC), 2000. ISBN 1-55143-176-9.

In this well-illustrated Canadian picture book, a reluctant older brother has to take care of his sister and help her prepare to be a ballerina in a school play, which interferes with his activities.

Comment: This resource is suitable for integration with English language arts.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4
Grade Group: K – 4
Student – Depth
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
Date Recommended: 2004-April-26

Best New Games (Print-Non-Fiction). Le Fevre, Dale N. Human Kinetics Publishers, Inc. (HKB), 2002. 217 p. ISBN 0-7360-3685-7.

This resource (from the New Games organization) contains 77 games and 7 trust activities designed to develop group cohesiveness and cooperation and suitable for indoor and outdoor play at all levels. A "Game Finder" index is cross-referenced, using the following categories: skills needed/developed, number of players, activity level, and space and equipment needed. Instructions and strategies promote inclusion, maximum participation, safety, and success.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4; Grade 5; Grade 6; Grade 7; Grade 8

Grade Group: K - 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 2: Fitness Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
Date Recommended: 2002-May-01

Bobbie Rosenfeld: The Olympian Who Could Do Everything (Print-Non-Fiction). Dublin, Anne. Second Story Press (UTP), 2004. 148 p. ISBN 1-896764-82-7.

This book is a biography of Bobbie Rosenfeld, an all-around female athlete who competed in the 1928 Olympic Games track and field, the first time women were allowed to compete. She was one of the first athletes to be honoured in the Canada's Sports Hall of Fame. The history of female sport, including gender discrimination, is explained as part of Bobbie Rosenfeld's story. Pictures and newspaper clippings are included in this softcover book.

Suggested Use: Grade 5; Grade 6; Grade 7; Grade 8; Senior 1; Senior 2
Grade Group: 5 – 8
Student – Depth
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
Date Recommended: 2004-April-26

Bonnie's Fitware Task Cards (Flash Card). Mohnsen, Bonnie S. Bonnie's Fitware, Inc. (BonFit).

These sets of simple, concise flash cards, with text and illustrations, can be used as station activities, with the exception of the Food Card Challenge cards, which focus on caloric intake. Black and white illustrations provide a quick visual reference to the various topics and activities. The task cards depict students of various ages and are free of bias/stereotyping, including gender. Each task card is printed on letter-size, non-laminated card stock. Some packages are available in print and some only on CD-ROM in pdf format (e.g., Bonnie's Fitware Middle School Standards-Based Task Cards: Grade 5). For more information related to the recommended resources, please refer to the individual annotations.

Date Recommended: 2002-May-01

Bonnie's Fitware Task Cards: Ball Exercises (Flash Card). Bonnie's Fitware, Inc. (BonFit), 2003. 12 cards. Order no. BF 640.

This set of 12 cards illustrates and describes stability exercises using large balls. The exercises are effective in the development of muscular endurance and strength. The cards can be used to set up exercise circuits that are useful in any fitness-management program.

Suggested Use: Grade 4; Grade 5; Grade 6; Grade 7; Grade 8; Senior 2
Grade Group: K – 4
Grade Group: 5 – 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
Date Recommended: 2004-April-26

Bonnie's Fitware Task Cards: Band-Based Exercises (Flash Card). Mohnsen, Bonnie S. Bonnie's Fitware, Inc. (BonFit), 2001. 12 cards. Order no. 93.

This set of 12 cards focuses on activities using exercise bands for resistance training.

Suggested Use: Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K - 8
Student - Breadth; Teacher Reference/Professional Development
GLO 1: Movement Knowledge
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
Date Recommended: 2002-May-01

Bonnie's Fitware Task Cards: Basic Skills Task Cards (Flash Card). Mohnsen, Bonnie S. Bonnie's Fitware, Inc. (BonFit), 2000. 40 cards. Order no. 21.

This set of 40 cards addresses basic skills for a variety of sports (e.g., basketball, volleyball, golf, soccer, football, track and field).

Suggested Use: Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K - 8
Student - Breadth; Teacher Reference/Professional Development
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 1: Alternative Pursuits
Date Recommended: 2002-May-01

Bonnie's Fitware Task Cards: Bone Task Cards (Flash Card). Mohnsen, Bonnie S. Bonnie's Fitware, Inc. (BonFit), 2001. 25 cards. Order no. BF 96.

This set of 25 cards illustrates major bones on one side of the cards, with the names on the other side.

Suggested Use: Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K - 8
Student - Breadth; Teacher Reference/Professional Development
GLO 1: Movement Knowledge
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
Date Recommended: 2002-May-01

Bonnie's Fitware Task Cards: Elementary Ball Handling (Flash Card). Bonnie's Fitware, Inc. (BonFit), 2003. 15 cards. Order no. BF 658.

This set of 15 cards illustrates and describes ball-handling challenges in a series of progressions. The cards can also be used as assessment checklists.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K – 4
Grade Group: 5 – 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
Date Recommended: 2004-April-26

Bonnie's Fitware Task Cards: Fitness Task Cards (Flash Card). Mohnsen, Bonnie S. Bonnie's Fitware, Inc. (BonFit), 1999. 40 cards. Order no. BF 25.

This set of 40 cards focuses on exercises to enhance the various health-related fitness components (e.g., push-ups, curl-ups, skipping, heel raises).

Suggested Use: Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K - 8
Student - Breadth; Teacher Reference/Professional Development
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
Date Recommended: 2002-May-01

Bonnie's Fitware Task Cards: Fitness Task Cards: Module 2: Muscle Game. Third Edition (Flash Card). Mohnsen, Bonnie S. Bonnie's Fitware, Inc. (BonFit), 1998. 20 cards. Order no. BF 27.

This set of 20 cards illustrates major muscles on one side of the cards, with the names on the other side.

Suggested Use: Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K - 8
Student - Breadth; Teacher Reference/Professional Development
GLO 1: Movement Knowledge
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
Date Recommended: 2002-May-01

Bonnie's Fitware Task Cards: Fitness Task Cards: Module 4: Partner Strength Activities. Third Edition (Flash Card). Mohnsen, Bonnie S. Bonnie's Fitware, Inc. (BonFit), 2000. 10 cards. Order no. BF 29.

This set of 10 cards suggests partner resistance activities (e.g., biceps curls, hamstring curls).

Suggested Use: Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Student - Breadth; Teacher Reference/Professional Development
GLO 1: Movement Knowledge
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
Date Recommended: 2002-May-01

Bonnie's Fitware Task Cards: Fitness Task Cards: Module 5: Weight Training. Third Edition (Flash Card). Mohnsen, Bonnie S. Bonnie's Fitware, Inc. (BonFit), 2000. 20 cards. Order no. BF 57.

This set of 20 cards features lightweight dumbbell and barbell exercises.

Suggested Use: Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K - 8
Student - Breadth; Teacher Reference
GLO 1: Movement Knowledge
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
Date Recommended: 2002-May-01

Bonnie's Fitware Task Cards: Food Card Challenge (Flash Card). Mohnsen, Bonnie S. Bonnie's Fitware, Inc. (BonFit), 2002. 50 cards.

In this set of task cards, 40 cards feature an illustration of a food on one side and the number of calories contained in the food on the other side, and 10 cards contain information on calorie expenditure.

Cautions: This resource uses American measurements.

Suggested Use: Grade 6; Grade 8
Grade Group: 5 – 8
Teacher Reference
GLO 5: Nutrition
Date Recommended: 2003-May-01

Bonnie's Fitware Task Cards: High School Standards-Based Golf Unit (Flash Card). Bonnie's Fitware, Inc. (BonFit), 2003. 20 cards. Order no. BF 642.

This package of golf cards includes 35 sequential mini-lesson plans, a glossary of terminology, an etiquette handout, and skill-analysis checklist cards.

Suggested Use: Senior 1; Senior 2
Teacher Reference
GLO 1: Sports/Games
GLO 3: Safety of Self and Others
GLO 4: Personal and Social Management Skills
Date Recommended: 2004-April-26

Bonnie's Fitware Task Cards: Individual Stunts (Flash Card). Mohnsen, Bonnie S. Bonnie's Fitware, Inc. (BonFit), 2002. 20 cards.

This set of 20 task cards focuses on exercises to enhance the health-related and skill-related fitness components (e.g., heel click, stork stand).

Suggested Use: Grade 3; Grade 4
Grade Group: K – 4
Teacher Reference
GLO 2: Fitness Management Skills
Date Recommended: 2003-May-01

Bonnie's Fitware Task Cards: Long Rope Task Cards (Flash Card). Mohnsen, Bonnie S. Bonnie's Fitware, Inc. (BonFit), 2001. 10 cards. Order no. BF 94.

This set of 10 cards focuses on basic long rope skipping skills.

Suggested Use: Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K - 8
Student - Breadth; Teacher Reference/Professional Development
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
Date Recommended: 2002-May-01

Bonnie's Fitware Task Cards: Middle School Standards-Based Task Cards: Grade 5 (CD-ROM) (CD-ROM). Bonnie's Fitware, Inc (BonFit), 2003. 160 cards. Order no. BF 660.

This CD-ROM contains 160 task cards presented in pdf format. Included are tasks based on cooperative activities, gymnastic activities, locomotor skills, jump rope skills, dance, manipulative skills, and Early American (Aboriginal) games.

System Requirements: Adobe Acrobat Reader.

Suggested Use: Grade 5
Grade Group: 5 – 8
Teacher Reference
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 1: Sports/Games
GLO 3: Safety of Self and Others
Date Recommended: 2004-April-26

Bonnie's Fitware Task Cards: Middle School Standards-Based Task Cards: Grade 6 (CD-ROM) (CD-ROM). Bonnie's Fitware, Inc. (BonFit), 2003. 200 cards. Order no. BF 661.

This CD-ROM contains 200 task cards presented in pdf format. Included are tasks based on cooperative activities, gymnastics, folk dance, bowling, disc sports, basketball, pickle ball, softball, ancient games, and circus activities.

System Requirements: Adobe Acrobat Reader.

Suggested Use: Grade 6
Grade Group: 5 – 8
Teacher Reference
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 1: Sports/Games
GLO 3: Safety of Self and Others
Date Recommended: 2004-April-26

Bonnie's Fitware Task Cards: Middle School Standards-Based Task Cards: Grade 8 (CD-ROM) (CD-ROM). Bonnie's Fitware, Inc. (BonFit), 2003. 200 cards. Order no. BF 663.

This CD-ROM contains 200 task cards presented in pdf format. Included are tasks based on cooperative activities, invasion activities, basketball, soccer, football, volleyball, baseball, and dance.

System Requirements: Adobe Acrobat Reader.

Suggested Use: Grade 8
Grade Group: 5 – 8
Teacher Reference
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 1: Sports/Games
GLO 3: Safety of Self and Others
Date Recommended: 2004-April-26

Bonnie's Fitware Task Cards: Problem Solving Activities (Flash Card). Mohnsen, Bonnie S. Bonnie's Fitware, Inc. (BonFit), 2002. 20 cards.

This set of 20 problem-solving task cards presents simple dual and team/group movement challenges.

Cautions: No safety precautions are included. Some of the goals of the challenges are unclear and some explanations are incomplete.

Suggested Use: Grade 3; Grade 4; Grade 5
Grade Group: K – 8
Teacher Reference
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 1: Movement Knowledge
Date Recommended: 2003-May-01

Bonnie's Fitware Task Cards: Short Rope Task Cards. Third Edition (Flash Card). Mohnsen, Bonnie S. Bonnie's Fitware, Inc. (BonFit), 2001. 15 cards. Order no. BF 95.

This set of 15 cards focuses on basic short rope skipping skills.

Suggested Use: Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K - 8
Student - Breadth; Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
Date Recommended: 2002-May-01

Bonnie's Fitware Task Cards: Swimming Task Cards (Flash Card). Mohnsen, Bonnie S. Bonnie's Fitware, Inc. (BonFit), 2000. 12 cards. Order no. BF 23.

This set of 12 cards features basic swimming strokes, with key points for teaching included.

Suggested Use: Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K - 8
Student - Breadth; Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 1: Alternative Pursuits
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
Date Recommended: 2002-May-01

Building More Dances: Blueprints for Putting Movements Together (Print-Non-Fiction). McGreevy-Nichols, Susan. Human Kinetics Publishers, Inc. (HKB), 2001. 172 p. ISBN 0-88011-973-X.

This teacher resource presents ideas and tools for creating and choreographing dances or routines. Using a hands-on approach to the mechanics and art of dance making, this "how to" book includes sample lesson plans, ideas on organizing movements, suggestions for individualizing dances, assessment forms, and a glossary of dance terms. The 23 dance-construction models in this resource list grade-appropriate variations to make the dances suitable for any age group and provide cross-cultural suggestions for integration with other subject areas. The resource also includes 108 "Deal-a-Dance" cards that provide movement examples for students to experience. With this resource, even teachers with little or no background will feel comfortable teaching students how to build dances.

Cautions: The book is aligned with the American National Dance Content Standards and the National Standards for Physical Education.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K – 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics;
Date Recommended: 2002-May-01

Changing Kids' Games. Second Edition (Print-Non-Fiction). Morris, G.C. Don. Human Kinetics Publishers, Inc. (HKB), 1999. 147 p. ISBN 0-88011-691-9.

This resource shows teachers how to modify games to suit children's developmental needs, develop students' movement skills and fitness, and promote self-worth. This revised edition provides updated content, including a "Games for Understanding" approach.

This well illustrated book takes traditional games and outlines the process of adapting them for multiple ages, abilities, and interests. Emphasizing high participation and activity levels, the book contains many references to children of different abilities. One of the traditional games included is of Aboriginal origin.

Cautions: There is no reference to safety considerations in the game-designing process.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K - 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 1: Alternative Pursuits
GLO 2: Fitness Management Knowledge
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Personal and Social Management Skills
Date Recommended: 2002-May-01

Children Moving: A Reflective Approach to Teaching Physical Education. Sixth Edition (Print-Non-Fiction). Graham, George, et al. McGraw-Hill Higher Education (MHR), 2004. ISBN 0-07-287855-X.

This teacher professional resource presents a child-centred, developmentally appropriate skill-theme approach to teaching physical education to elementary school students. Soundly based in theory and written in conversational style, this edition includes current content on assessment, technology, risk management, class and behaviour management, integrating the skill-theme approach across the curriculum, and programming for students with special needs. The hardcover book includes activity suggestions for developing basic motor skills and various sport-specific skills, along with supporting graphics, charts and tables, and sample assessments. The American guide *Moving into the Future: National Standards for Physical Education* is included with the purchase of the text.

Cautions: The National Standards for Physical Education are American-based.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4; Grade 5; Grade 6
Grade Group: K - 4
Grade Group: 5 - 8
Teacher Reference/Professional Development
GLO 1: Alternative Pursuits
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 5: Active Living
GLO 5: Personal Health Practices
Date Recommended: 2004-April-26

Character Education: 43 Fitness Activities for Community Building (Print-Non-Fiction). Glover, Donald R. Human Kinetics Publishers, Inc. (HKB), 2003. 241 p. ISBN 0-7360-4504-X.

This unique resource is designed to help students develop personal and social management skills and build self-esteem and a sense of community within a physical education setting. In addition to presenting information on brain research related to physical education and competition, this resource provides "motivator" activities, team-building activities, and portfolio-assessment ideas. Team challenge cards are supplied in the appendix as blackline masters.

Suggested Use: Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: 5 – 8
Teacher Reference/Professional Development
Date Recommended: 2003-May-01

Chuck in the City (Print-Picture Book). Wheeler, Jordan. Theytus Books Ltd. (UTP), 2000. 14 p. ISBN 0-919441-63-7.

In this Canadian picture book with rhyming text, an Aboriginal boy becomes lost on his first trip to the city. He encounters many new things that an urban setting has to offer and uses problem-solving skills in finding help.

Comment: This resource is suitable for integration with English language arts.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4
Grade Group: K – 4
Student – Depth
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
Date Recommended: 2004-April-26

Co-Ed Recreational Games (Print-Non-Fiction). Byl, John. Human Kinetics Publishers, Inc. (HKB), 2002. 277 p. ISBN 0-7360-3455-2.

This resource offers over 200 traditional and non-traditional games that can be incorporated into many different situations (including alternative pursuits) and used in a variety of open spaces (including the classroom). The games listed promote teamwork and maximum participation. They have been suggested by Canadian classroom teachers and organizations. The "Games Finder," located at the beginning of the book, is a quick reference to the games described in this resource. Information provided for each game includes the number of participants and teams, grade level, activity level, playing area, recommended equipment, setup, how to play, safety considerations, and teaching tips.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4; Grade 5; Grade 6; Grade 7; Grade 8

Grade Group: K – 8
Teacher Reference/Professional Development
Date Recommended: 2003-May-01

Complete Physical Education Plans for Grades 7-12 (contains CD-ROM) (Print-Non-Fiction). Kleinman, Isobel. Human Kinetics Publishers, Inc. (HKB), 2001. 627 p. ISBN 0-7360-3248-7.

This comprehensive resource contains unit and lesson plans for a variety of sport-specific activities suitable for beginner, intermediate, and advanced levels. The resource focuses on developing fundamental skills and team cooperation in Grade 7, achieving more consistency in fundamental skills, game strategies, and teamwork in Grade 8, and emphasizing skill vocabulary and game strategies related to individual/dual-type activities in the Senior Years. Each chapter within the unit plans clearly presents the history and benefits of the given sport, includes "fun facts" about the sport, website links, and teaching tips, and provides information on facility and equipment setup, safety issues, timelines, assessment strategies (e.g., student portfolio checklists, quizzes, answer sheets), and additional resources. Although the text promotes a non-biased, neutral approach, it does not contain specific suggestions for inclusion.

The accompanying CD-ROM provides useful skill-progression posters, quizzes, rubrics, lesson plans, and so on. Teachers may edit/customize any of these materials for classroom use.

Cautions: American-based fitness testing standards are used.

System Requirements:

- **Windows:** IBM PC compatible with Pentium processor, or higher, Windows 9.x/NT 4.0 SP3, Adobe Acrobat Reader 4.0 (included), at least 16 MB RAM with 32 MB recommended, 2x CD-ROM drive, 15 MB hard drive space, printer (optional), 235 colours, VGA colour monitor, mouse.
- **Macintosh:** Power Mac required, System 7.1.2/8.x/9.x, Adobe Acrobat Reader 4.0 (included), at least 16 MB RAM, 2x CD-ROM drive, 15 MB hard drive space, printer (optional), 235 colours, VGA colour monitor, mouse.

Suggested Use: Grade 7; Grade 8; Senior 1; Senior 2
Grade Group: 5 – 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
Date Recommended: 2002-May-01
Date Recommended: 2003-May-01

Cooperative Learning in Physical Education (Print-Non-Fiction). Grineski, Steve. Human Kinetics Publishers, Inc. (HKB), 1996. 138 p. ISBN 0-87322-879-0.

This resource focuses on the use of cooperative learning activities to develop movement, fitness, and personal and social management skills. The "easy to implement" dual/group activities require the use of decision making, problem solving, conflict resolution, and interpersonal skills to work cooperatively and collaboratively with others through physical activity and active learning. An "Activity Finder" chart identifies the appropriate grade and purpose for each activity.

Cautions: Balance and safety skills are not addressed in this resource.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K - 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 1: Rhythmic/Gymnastics
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Active Living
Date Recommended: 2002-May-01

Eat Well and Keep Moving: An Interdisciplinary Curriculum for Teaching Upper Elementary School Nutrition and Physical Activity (includes CD-ROM) (Print-Non-Fiction). Cheung, Lilian W.Y., Gortmaker, Steven L., and Dart, Hank. Human Kinetics Publishers, Inc. (HKB), 2002. 481 p. ISBN 0-7360-3096-4.

This resource helps students gain knowledge and skills for leading an active healthy lifestyle and making well-balanced nutritional choices. Promoting a comprehensive and school-based approach, this resource provides suggestions related to all aspects of the learning environment, including classroom, gymnasium, home, community, and lunchroom activities, which are easy to follow and implement. The CD-ROM contains in-depth support materials for training teachers or community members, as well as lesson plans and blackline masters that can be edited/customized as needed.

Cautions: This American-based resource uses the Food Pyramid and American measurements; however, the charts are easy to adapt to metric.

System Requirements: IBM PC compatible with Pentium processor, Windows 9.x/NT 4.0, Adobe Acrobat Reader (included), Microsoft Word 97 or higher, at least 16 MB RAM with 24 MB recommended for NT, 2x CD-ROM drive, 20 MB hard drive space, printer (optional), 256 colours, VGA colour monitor, mouse.

Suggested Use: Grade 4; Grade 5
Grade Group: K - 4
Grade Group: 5 – 8
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 4: Personal Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
Date Recommended: 2003-May-01

Exercise Science: Studying Human Movement and Health. First Edition

(Print-Integrated Resource). (Exercise Science: Studying Human Movement and Health). Sport Books Publisher (SBP).

This comprehensive set of current Canadian resources focuses on the study of exercise science, including anatomy, physiology, biomechanics, motor learning and control, and sport psychology. The resources in the package (Student Edition, Teacher's Guide, and Graphic Package [CD-ROM]) include diverse cultural representations in pictures and diagrams. The text is gender-balanced, features Canadian athletes, and includes dynamic, colourful illustrations, graphics, and charts. Assessment content in the teacher and student resources is consistent with the recommendations in *Guidelines for Fitness Assessment in Manitoba Schools: A Resource for Physical Education/ Health Education* (Manitoba Education, Citizenship and Youth, 2004).

There is a strong match between these resources and the Manitoba curriculum, particularly GLOs 1, 2, and 5.

Cautions: All three resources contain information on substance use and abuse, drugs in sport, and sexual orientation. Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.

Date Recommended: 2004-April-26

Exercise Science: Foundations of Exercise Science: Studying Human Movement and Health (Student Edition). First Edition (Print-Integrated Resource). Klavora, Peter. (Exercise Science: Studying Human Movement and Health). Sport Books Publisher (SBP), 2004. 585 p. ISBN 0-920905-84-6.

This hardcover student text (printed on sturdy glossy stock) contains the following five units:

- Human Movement
- Human Performance
- Motor Development
- Physical Activity and Sport in Society
- Beyond the Gym Class

These units are divided into 23 chapters that address various topics and include dynamic, colourful illustrations, photographs, and charts. Each chapter starts with an overview and student outcomes, followed by a summary, key terms, and discussion questions to aid student learning. The index and glossary in the student text are limited.

Suggested Use: Senior 1; Senior 2
Student - Breadth and Depth
GLO 1: Movement Knowledge
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Exercise Science: Studying Human Movement and Health: Graphic Package (CD-ROM). First Edition (CD-ROM). (Exercise Science). Sport Books Publisher (SBP), 2004.

The PowerPoint presentations on this CD-ROM are congruent with, and serve as a summary for, the 23 chapters in the Teacher's Guide and Student Edition.

System Requirements: Windows: PowerPoint 1998 and later.

Suggested Use: Senior 1; Senior 2
Teacher Reference
GLO 1: Movement Knowledge
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Exercise Science: Studying Human Movement and Health: Teacher's Guide. First Edition (Print-Integrated Resource). Anderson, Andy, et al. (Exercise Science: Studying Human Movement and Health). Sport Books Publisher (SBP), 2004. ISBN 0-920905-86-2.

This Teacher's Guide contains outlines of course expectations, timelines, and lesson plans. It also contains activities for students, answers to discussion questions presented in the Student Edition, and an extensive pool of additional questions and quizzes with answers. This guide also provides a wide range of Weblinks related to exercise science. This is not a stand-alone resource.

Cautions: Internet links have not been reviewed. The responsibility to evaluate these links rests with teachers.

Suggested Use: Senior 1; Senior 2
Teacher Reference
GLO 1: Movement Knowledge
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

First Aid: First on the Scene: The Complete Guide to First Aid and CPR (Print-Non-Fiction). St. John Ambulance (SJA), 2001. ISBN 1-894070-26-7.

This Canadian resource, produced by St. John Ambulance, addresses all aspects of babysitting. Using a clear, step-by-step approach, with inclusive colour photographs, this handbook addresses topics such as becoming a babysitter, caring for children, keeping children safe, handling emergencies, and performing basic first aid. In addition, the hardcover, coil-bound handbook offers problem-solving tips and constructive advice. It also gives a brief overview of the responsibilities of parents of the child.

Cautions: Some content/topics, such as diaper changing and toilet training, may be considered potentially sensitive.

Suggested Use: Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K - 8
Teacher Reference; Parent - Support
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
Date Recommended: 2002-May-01

First Aid: Pocket Guide to Emergency First Aid (Print-Non-Fiction). St. John Ambulance (SJA), 2001. 34 p. ISBN 1-894070-08-9.

This student guide, published by St. John Ambulance, is a very brief, clear, and well-organized reference to basic first aid procedures. The text appears in both English and French. This pocketsize, softcover booklet is produced on newsprint.

Cautions: This resource is recommended only as a quick reference, or as a supplement to the teacher resource *First on the Scene: The Complete Guide to First Aid and CPR*.

Suggested Use: Grade 7; Grade 8
Grade Group: 5 - 8
Student - Breadth; Teacher Reference; Parent - Support
GLO 3: Safety of Self and Others
Date Recommended: 2002-May-01

FitFocus: Health and Physical Activity Analysis Software (Computer Software). FoodFocus (FFS), 2003. Version 1.01.

This Manitoba-produced software provides students with an analysis of their physical activity lifestyle, and is designed to support *Canada's Physical Activity Guide to Healthy Active Living*. Students record their activities on the interactive software for a given period of time to determine whether their activity lifestyle is balanced with respect to health-related fitness components. The software (consisting of two disks and an instruction manual) includes an extensive databank of information on a wide range of physical activities and active living topics. It also explains calculated health benefits of active living, as well the risks for major disease resulting from an inactive lifestyle.

This resource takes a student-centred approach to learning and promotes individual assessment that is free of bias. It also promotes inclusion with a wide range of activities across a range of cultures. The software is well organized and makes effective use of graphics and colour to achieve its purpose.

Comment: This resource complements *FoodFocus: Nutrition Analysis Software*.

Cautions: As this is a software program, it can take away from active time. The assumption for active participation is that students are actually doing the activities that they enter as data.

System Requirements: Any computer running a 32 bit Microsoft Windows operating system (95/98, NT, Millennium, 2000, XP), 3.5 floppy disk or CD-ROM drive, screen resolution of 800 x 600 or better.

Suggested Use: Senior 1; Senior 2
Student - Depth; Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 4: Personal and Social Management Skills
GLO 5: Personal Health Practices
GLO 5: Active Living
Date Recommended: 2003-May-01

Fitness Education for Children: A Team Approach (Print-Non-Fiction). Virgilio, Stephen J. Human Kinetics Publishers, Inc. (HKB), 1997. 227 p. ISBN 0-87322-723-9.

This resource emphasizes the need for a team approach to developing active healthy lifestyles by presenting ideas that involve parents, community members, classroom teachers, and the entire school staff. The book provides a sample year plan and lesson plans, thematic units, 17 learning activities for integrating learning concepts, as well as developmental motivational strategies, games, exercises, dances, and rhythmic activities. Also included are many sample school-wide events, reproducible materials, assessment instruments, a sample fitness-education portfolio, task-card samples, and guidelines for including children with special needs.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4; Grade 5; Grade 6
Grade Group: K – 8
Teacher Reference
GLO 1: Alternative Pursuits
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 4: Personal and Social Management Skills
Date Recommended: 2003-May-01

FITNESSGRAM® 6.0 Test Kit. Second Edition (Kit). The Cooper Institute for Aerobics Research. Human Kinetics Publishers, Inc. (HKB), 1999. ISBN 0-7360-0104-2.

The FITNESSGRAM® Test Kit contains the following components (which are also available separately):

- FITNESSGRAM® Test Administration Manual (2nd ed.)—test protocols, score sheets, fitness record sheets, and charted standards
- FITNESSGRAM® 6.0 CD-ROM (for Windows and Macintosh)—database for recording and reporting student fitness levels as well as student ActivityGram program for assessing students' three-day physical activity patterns
- FITNESSGRAM® PACER Test Audiocassette and Audio CD—20-minute PACER Lap Counter with or without music background
- FITNESSGRAM® Clipboard-FITNESSGRAM Standards for Healthy Fitness Zone (for ages 5 to 17 plus) on back
- Skinfold Caliper—for body fat measurement
- Curl-up Measuring Strips—tools for correct curl-up form

This resource contains fitness tests for

- aerobic capacity—test options: 20-metre pacer test, 1 mile run, walk test
- body composition—test options: skinfold measurements, body mass index (BMI)
- abdominal strength and endurance—test options: curl-up
- trunk extensor strength and flexibility—test options: trunk lift
- upper body strength—test options: push-up, modified pull-up, pull-up, flexed arm hang
- flexibility—test options: back saver sit and reach, shoulder stretch

The test protocol is concise and clear, with pictures illustrating important points, and should be used only to assess personal progress and achievement based on previous scores. The visuals, graphics, terminology, and print are appropriate for the intended users.

Cautions: It is recommended that the FITNESSGRAM® Test Kit be used only to help students determine personal fitness goals, progress, and achievement. Comparing fitness data to norm-referenced data (American-based) is discouraged. The thin plastic skinfold caliper is recommended for teacher or personal use only. If skinfold calipers are used for measuring body composition, sensitivity is required. The CD-ROM included in this kit uses Imperial measurements. An online metric version will be released in the fall of 2002. The FITNESSGRAM® 6.0 CD-ROM has no security features for teacher-only access.

System Requirements:

- **Windows:** Windows 9x/NT 4.0 workstation, 486 or higher, at least 16MB; 32 MG recommended, colour monitor, 3.5 floppy disk or CD-ROM drive, settings to 800 x 600 screen resolution or higher.
- **Macintosh:** Power Mac strongly recommended, System 7.x or higher, at least 16 MB; 32 MG recommended, colour monitor, 3.5 floppy disk or CD-ROM drive, settings to 832 x 624 screen resolution or higher.

Suggested Use: Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: 5 - 8
Student - Depth; Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 4: Personal Development
GLO 4: Personal and Social Management Skills
GLO 5: Active Living
Date Recommended: 2002-May-01

Franklin Forgets (Print-Picture Book). Bourgeois, Paulette, et al. Kids Can Press (UTP), 2000. ISBN 1-55074-722-3.

In this Canadian picture book, Franklin deals with responsibility in relation to doing chores for a neighbour, and the consequences of forgetting those chores.

Comment: This resource is suitable for integration with English language arts.

Suggested Use: Kindergarten; Grade 1; Grade 2
Grade Group: K – 4
Student – Depth
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
Date Recommended: 2004-April-26

Franklin's Bicycle Helmet (Print-Picture Book). Bourgeois, Paulette, et al. Kids Can Press (UTP), 2000. ISBN 1-55074-730-4.

In this Canadian picture book, Franklin learns to deal with his embarrassment when he wears a new bicycle helmet.

Comment: This resource is suitable for integration with English language arts.

Suggested Use: Kindergarten; Grade 1; Grade 2
Grade Group: K – 4
Student – Depth
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Personal Health Practices
Date Recommended: 2004-April-26

Game On! (Print-Non-Fiction). Doyle, Pat. Human Kinetics Publishers, Inc. (HKB), 2001. 162 p. ISBN 0-7360-3446-3.

This Canadian resource—supported by CIRA (Canadian Intramural Recreation Association)—provides 77 age-appropriate games for large-group participation, with a focus on the use of games for acquiring and applying basic movement skills. All games are explained under standard headings: age level, skills required, equipment required, description, variation, and safety concerns. The games are easy to implement, inclusive (of gender, culture, age, and ability), and bias-free. A comprehensive "Game Finder" index, with games classified according to game type, skills, and age level, is also included.

Cautions: This book is a useful supplementary resource for teachers looking for new intramural games or for short-term activities, but does not include specific unit and/or lesson plans.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K - 8
Teacher Reference
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 1: Alternative Pursuits
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
Date Recommended: 2002-May-01

Game Skills: A Fun Approach to Learning Sport Skills (Print-Non-Fiction). Hanrahan, Stephanie J., and Carlson, Teresa B. Human Kinetics Publishers, Inc. (HKB), 2000. 175 p. ISBN 0-7360-0203-0.

This resource provides a wide variety of games and activities for various ages, ranging from age eight to adult. It contains chapters on striking and fielding, invasion, and net and water sports. Activity descriptions include the following categories: the basics, number of participants, equipment, location, safety considerations, hints, and extensions and variations. Some games highlight integrating individuals with special needs, team-building activities, and developing game strategies. Activities and games are illustrated with computer-generated graphics. Icons identify the benefits that can be achieved with each activity or game. A Key to Icons and an Activity Finder appear at the beginning of the book.

Cautions: Some games may be inappropriately named (e.g., Undies Unite, Striptease).

Suggested Use: Grade 3; Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K – 4
Grade Group: 5 – 8
Teacher Reference
GLO 1: Movement Skills
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 4: Personal Development
Date Recommended: 2003-May-01

High School Healthy Hearts in the Zone: A Heart Rate Monitoring Program for Lifelong Fitness (Print-Non-Fiction). Edwards, Sally, and Swaim, Deve. Human Kinetics Publishers, Inc. (HKB), 2003. 317 p. ISBN 0-7360-4177-X.

This teacher resource explains the rationale behind using heart-rate monitors and explains how to incorporate heart-rate monitor technology into the high school curriculum. In addition to providing 46 lesson plans that emphasize self-directed learning, goal setting, and self-motivation, this book contains 72 reproducible student worksheets (pullouts), as well as logs and journals to record student learning activities. Sample topics include: how to use heart-rate monitors, how to monitor one's individual fitness progress, and the health benefits of heart fitness.

Suggested Use: Senior 1; Senior 2
Teacher Reference/Professional Development
Date Recommended: 2003-May-01

It's Not Just Gym Anymore: Teaching Secondary School Students How to Be Active for Life (Print-Non-Fiction). McCracken, Bane. Human Kinetics Publishers, Inc. (HKB), 2001. 247 p. ISBN 0-7360-0127-1.

This teacher resource provides the theoretical basis and practical strategies for promoting lifelong fitness, a focus that supports GLOs 1 and 2 of Manitoba's PE/HE curriculum. Each of the units in this resource contains a list of instructor and student objectives, a set of well-structured, progressive, active lesson plans, and reproducible worksheets and assessment sheets. Information regarding quality physical education programming, assessment through portfolios, integration of technology, and community/school partnerships is also provided. Gender equity is evident in the diagrams and photographs used. The inclusion of bullets, icons, and shaded boxes to highlight charts, forms, and lesson plans makes this resource easy to use, either for immediate application of a unit or an individual lesson plan.

Cautions: This resource is based on American content and standards.

Suggested Use: Senior 1; Senior 2
Teacher Reference
GLO 1: Alternative Pursuits
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
Date Recommended: 2003-May-01

Juggling: From Start to Star (Print-Non-Fiction). Finnigan, Dave. Human Kinetics Publishers, Inc. (HKB), 2002. 222 p. ISBN 0-7360-3750-0.

This in-depth resource provides concise explanations, accompanied by easy-to-follow illustrations, for teaching students to juggle. It presents the history of juggling, provides a rationale for teaching juggling, and includes games, routines, performance guidelines, and teaching tips. Skill progressions appropriate for all ages and abilities are provided for the use of scarves, balls, rings, clubs, devil sticks, diabolos, plates, boxes, hats, and unicycles. A comprehensive list of skills appears at the beginning of this well-organized book. Juggling can be incorporated into a fitness circuit or presented as a separate unit.

Cautions: Torch juggling (presented on pages 103 and 104) is a high-risk activity and should be avoided in a school setting.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4; Grade 5; Grade 6; Grade 7; Grade 8; Senior 1; Senior 2
Grade Group: K – 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 1: Rhythmic/Gymnastics
GLO 2: Fitness Management Knowledge
Date Recommended: 2002-May-01
Date Recommended: 2003-May-01

KIDnastics®: A Child-Centered Approach to Teaching (Print-Non-Fiction). Malmberg, Eric. Human Kinetics Publishers, Inc. (HKB), 2003. 175 p. ISBN 0-7360-3394-7.

This book provides an instructional model that simplifies the teaching of gymnastics, using a child-centred approach and taking elements from both traditional and educational gymnastics. The 70 skills presented in this resource are divided into the following five movement categories: rolling, jumping, balancing, vaulting, and hanging and climbing. The resource takes a three-step approach to skill development, beginning with practising single skills, then sequencing them, and finally performing them for an audience. It also suggests how equipment can be adapted to create different practice environments. Students can use the reproducible illustrated task cards to develop their own routines.

Cautions: Teachers need to choose gymnastic-type activities that are age-appropriate and developmentally appropriate for students and ensure that safety guidelines are followed.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4; Grade 5; Grade 6
Grade Group: K – 4
Grade Group: 5 – 8
Teacher Reference
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 2: Fitness Management Skills
Date Recommended: 2003-May-01

Kids on the Ball: Using Swiss Balls in a Complete Fitness Program (Print-Non-Fiction). Spalding, Anne. Human Kinetics Publishers, Inc. (HKB), 1999. 214 p. ISBN 0-88011-714-1.

This is a teacher resource for using Swiss Balls (like large exercise balls) to help children develop coordination, balance, rhythm, and fitness skills. It includes background information on Swiss Balls, followed by 118 activities and games, 23 grade-specific lesson plans, and assessment ideas, along with appropriate black and white graphics and photographs. A scope and sequence chart includes a grade designation for each game.

This easy-to-use resource suggests modifications for inclusion of students with special needs, addresses safety, and provides ideas for cross-curricular integration.

Cautions: Content standards and benchmarks are American-based.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K - 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 1: Rhythmic/Gymnastics
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
Date Recommended: 2002-May-01

Kinetic Anatomy (Print-Non-Fiction). Behnke, Robert S. Human Kinetics Publishers, Inc. (HKB), 2001. 279 p. ISBN 0-7360-0016-X.

This resource addresses the student learning outcome related to exercise physiology in Manitoba's Senior 1 and Senior 2 PE/HE curriculum. The book is divided into four parts: the general concepts of anatomy, the upper extremity, the spinal column/pelvis/thorax, and the lower extremity. The presentation of each anatomical section within each part follows the same format: bones, joints and ligaments, and muscles. Diagrams are clear and concise and are paralleled with actual pictures showing the palpation of muscles, tendons, and ligaments. Each part concludes with a chapter on the major nerves and blood vessels of the applicable anatomical structures discussed. Each chapter concludes with a review of terminology, suggested learning activities, multiple choice questions, and fill-in-the-blank questions.

Suggested Use: Senior 1; Senior 2
Teacher Reference/Professional Development
Date Recommended: 2003-May-01

Learning by Choice in Secondary Physical Education: Creating a Goal-Directed Program (Print-Non-Fiction). Kaardal, Kevin. Human Kinetics Publishers, Inc. (HKB), 2001. 256 p. ISBN 0-88011-688-9.

This teacher resource explains physical education program development, details of curriculum, and teaching assessment techniques. It provides materials to develop physical education programming, including ready-to-use units that contain master curriculum sheets, student contracts, sheets to record student progress, student planning sheets, suggested modified games, and assessment tools.

Suggested Use: Senior 1; Senior 2
Teacher Reference/Professional Development
Date Recommended: 2003-May-01

Let the Games Begin! (Print-Picture Book). Ajmera, Maya, et al. Charlesbridge Publishing (MON), 2000. ISBN 0-88106-068-2.

This American picture book shows children playing games and sports that are truly universal and fun. The text and multicultural photographs of children from around the world focus on various aspects of sports, including physical benefits, the importance of practice, overcoming obstacles, and teamwork.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4
Grade Group: K – 4
Student – Depth
GLO 1: Movement Knowledge
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Personal Health Practices
Date Recommended: 2004-April-26

Middle School Healthy Hearts in the Zone: A Heart Rate Monitoring Program for Lifelong Fitness (Print-Non-Fiction). Swaim, Deve, and Edwards, Sally. Human Kinetics Publishers, Inc. (HKB), 2002. 121 p. ISBN 0-7360-4176-1.

This book provides information to introduce the technology of heart-rate monitors. It helps teachers facilitate self-directed experiential learning that enables students to experience how physical activity influences heart health. Each unit has overall objectives and is divided into lessons. There are 17 lessons with pullout worksheets and activity logs and journals that emphasize self-directed learning, goal setting, and self-motivation. Each lesson is organized with the following headings: outcomes, materials, activities, assessment, and extension activities. The format is well organized and the graphics are clear.

Suggested Use: Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: 5 – 8
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 5: Active Living
Date Recommended: 2003-May-01

Movement ABCs: An Inclusive Guide to Stimulating Language Development (Print-Non-Fiction). Hengstman, Jolanda G. Human Kinetics Publishers, Inc. (HKB), 2001. 158 p. ISBN 0-7360-3375-0.

Following an alphabet theme, this resource presents a creative and fun approach to developing language, movement, and cognitive skills. It contains a chapter for each letter of the alphabet, including reproducible art, black and white drawings to illustrate movements, games and activities, and parent handouts. The detailed lesson plans provide movement suggestions, teaching tips, and activities that incorporate music, movement, and words/vocabulary to accommodate a variety of learning styles.

Cautions: This softcover resource is very specific to movement development for Kindergarten and Grade 1 students.

Suggested Use: Kindergarten
Grade Group: K - 4
Teacher Reference
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 1: Rhythmic/Gymnastics
GLO 3: Physical Activity Risk Management
Date Recommended: 2002-May-01

Moving with a Purpose: Developing Programs for Preschoolers of All Abilities (Print-Non-Fiction). McCall, Renee M. Human Kinetics Publishers, Inc. (HKB), 2000. 232 p. ISBN 0-88011-976-4.

This resource for nursery and Kindergarten students and for students with special needs consists of a collection of movement games and activities for developing basic movement skills identified in the Manitoba curriculum. This clear, accurate, and well-organized guide offers suggestions for assessment and for the development of Individual Education Plans. A 40-week curriculum plan is included in the appendix.

Cautions: Some illustrations show children in bare feet, which is a safety concern.

Suggested Use: Kindergarten
Grade Group: K - 4
Teacher Reference
Special Needs
GLO 1: Movement Knowledge

GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 1: Rhythmic/Gymnastics
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Personal and Social Management Skills
Date Recommended: 2002-May-01

Multicultural Folk Dance Treasure Chest (Print-Non-Fiction). Human Kinetics Publishers, Inc. (HKB), 1998. ISBN 0-88011-956-X.

This resource for teaching folk dance from Kindergarten to Grade 8 offers step-by-step dance directions (print and video), background information, and valuable teaching tips for 18 different ethnic dances, such as Hava Nagilah, Turkey in the Straw, Tanko Bushi, Tarantella, Tinikling, and more. Dances range from easy to moderately difficult.

This well-organized and visually interesting kit consists of two volumes, each containing a printed instructional guide, a video, and a compact disc. The instructional guide links physical education with other subject areas by providing the origin, location, language, flag, traditional costume, and history of the multicultural folk dances. The videotaped dances are taught by expert instructors wearing traditional costumes and performed by students of varying ages. The CD contains high quality recordings of the songs heard on the videos using traditional instruments.

This resource features cultural diversity with accurate portrayals of people of many nations. It is appropriate for the intended audience.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K - 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 4: Social Development
Date Recommended: 2002-May-01

Multicultural Games (Print-Non-Fiction). Barbarash, Lorraine. Human Kinetics Publishers, Inc. (HKB), 1997. 137 p. ISBN 0-88011-565-3.

This resource contains an abundance of multicultural games suitable for students from Kindergarten to Grade 8. Many suggestions are provided for cross-curricular use of the games and activities. This book is easy to read and well-organized, presenting games by country of origin. The detailed "Games Finder" at the back of the book categorizes games in terms of gross motor rating, based on activity level (high, medium, and low), competition level, age, and space and equipment requirements.

Cautions: Although the book attempts to have students gain insight into different cultures, it does not include any specifically Manitoban or Canadian games. Also note that the unit on North America has North American Indian games, not games of First Nations or Aboriginal peoples in Canada (the term "Indian" is used in this unit). There are also concerns about safety in games involving blindfolds and in dodge ball games involving striking and hitting.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K - 8
Teacher Reference
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 1: Rhythmic/Gymnastics
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Personal and Social Management Skills
GLO 5: Active Living
Date Recommended: 2002-May-01

On Handling a Ball with a Racquet...In the Game of Tennis. Second Edition (Print-Non-Fiction). Federation quebecoise de tennis (FQT), 1995. 125 p. ISBN 2-9800742-2-5.

This book, developed by the Quebec Tennis Association specifically for teachers, is an in-depth, skill-based resource for teaching age-appropriate racquet activities to Early Years students. Part I explains the theoretical basis for planning and teaching drills. Part II includes practical drills (classified by grade and taught in progression), as well as group games. Each grade is colour coded and each drill is illustrated with a cartoon diagram. A scope and sequence chart for learning drills is also provided. This coil-bound Canadian resource, with its clear headings and layout, is easy to use.

Suggested Use: Grade 1; Grade 2; Grade 3
Grade Group: K - 4
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 1: Alternative Pursuits
Date Recommended: 2002-May-01

Ontario Health and Physical Education Curriculum Support (Print-Non-Fiction). (Ontario Health and Physical Education Curriculum Support). Ophea (OPH).

This comprehensive Ontario-designed series consists of a resource for each grade from Kindergarten to Senior 2. The resources (black and white, three-hole punched) provide teachers with support materials that address most of the learning outcomes from GLOs 1, 2, 3, and 5 identified in the Manitoba curriculum. GLO 4 receives minimal attention. The resources show thoughtfulness and consideration for specific religious beliefs (e.g., Catholic faith) and promote parental, family, and community involvement.

Each grade-specific resource for **Kindergarten to Grade 8** contains information and activities organized within the following sections:

- Healthy Living
- Fitness Building Activities
- Indoor and Outdoor Games
- Movement Exploration
- Skill Building Activities

The **Grade 9-10 (S1-S2) Supplement** addresses the following strands:

- Healthy Living/Living Skills
- Active Living/Living Skills
- Physical Activity

The **Grade 10 (S2) Supplement** addresses the following strands:

- Physical Activity/Active Living/Living Skills
- Healthy Living
- Living Skills

Each section is well organized and presented in a unit and lesson format. Each lesson/subtask includes: assessment opportunities that may involve rubrics, checklists, or personal evaluations; teaching strategies (for warm-up, skill development, skill application, and cool-down); and extensions and teacher notes to facilitate teaching the unit. Appendices contain many additional blackline masters and yearly plans.

Cautions: The topics addressed in this grade-specific series align with the Ontario curriculum rather than the Manitoba curriculum. There are differences in scope and sequence, as well as in specific topic areas. For example, Substance Use and Abuse Prevention is addressed in every year rather than in alternate years. These are not in-depth resources for developing the GLO 4 Personal and Social Management Skills (e.g., stress-management skills within the Mental-Emotional Development strand). These resources include potentially sensitive content. Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.

Internet links have not been reviewed. The responsibility to evaluate these links rests with teachers.

Date Recommended: 2004-April-26

Ontario Health and Physical Education Curriculum Support: Kindergarten (Print-Non-Fiction). Ophea (OPH), 2000. 464 p. ISBN 0-921868-34-0.

This Kindergarten document contains 10 theme activities based on seasons, holidays, 100th day of school, the sea, fairy tales, and occupations. Topics related to identifying feelings and emotions or stressful situations are not addressed.

Suggested Use: Kindergarten
Grade Group: K – 4
Teacher Reference
GLO 1: Alternative Pursuits
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics

GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Ontario Health and Physical Education Curriculum Support: Grade 1 (Print-Non-Fiction). Ophea (OPH), 2000. 624 p. ISBN 0-921868-35-9.

This Grade 1 resource offers units on introducing international, playground, and cooperative games and outdoor winter activities. There are also lessons and graphics related to reproductive body parts, a topic that is not part of the Manitoba curriculum outcomes for this grade.

Suggested Use: Grade 1
Grade Group: K – 4
Teacher Reference
GLO 1: Alternative Pursuits
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Ontario Health and Physical Education Curriculum Support: Grade 2 (Print-Picture Book). Ophea (OPH), 2000. 610 p. ISBN 0-921868-36-7.

This Grade 2 resource offers progressions in international, playground, and cooperative games and outdoor winter activities. Topics related to Substance Use and Abuse Prevention are addressed extensively in this document, but are not part of the Manitoba curriculum outcomes for this grade. There are no lessons on growth and human development.

Suggested Use: Grade 2
Grade Group: K – 4
Teacher Reference
GLO 1: Alternative Pursuits
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Ontario Health and Physical Education Curriculum Support: Grade 3 (Print-Non-Fiction). Ophea (OPH), 2000. 632 p. ISBN 0-921868-37-5.

This Grade 3 resource expands on international, playground, and cooperative games and outdoor winter activities. There are also lessons on human reproduction, a topic that is not part of the Manitoba curriculum outcomes for this grade.

Suggested Use: Grade 3
Grade Group: K – 4
Teacher Reference
GLO 1: Alternative Pursuits
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices

GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Ontario Health and Physical Education Curriculum Support: Grade 4 (Print-Non-Fiction). Ophea (OPH), 2000. 662 p. ISBN 0-921868-38-3.

This Grade 4 resource contains units on cooperative games and outdoor activities, including ice skating. At this level, sport-specific skill-building activities are introduced for dance, track and field, soccer, basketball, and volleyball. Topics related to Substance Use and Abuse Prevention are addressed extensively in this document, but are not part of the Manitoba curriculum for this grade. There are no lessons on stress management or water safety.

Suggested Use: Grade 4
Grade Group: K – 4
Teacher Reference
GLO 1: Alternative Pursuits
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Ontario Health and Physical Education Curriculum Support: Grade 5 (Print-Non-Fiction). Ophea (OPH), 2000. 682 p. ISBN 0-921868-39-1.

The five main sections in this Grade 5 resource address most of the learning outcomes identified in the Manitoba curriculum for this grade, except topics related to Personal and Social Management Skills (e.g., goal-setting and conflict-resolution skills).

Suggested Use: Grade 5
Grade Group: 5 – 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Human Sexuality
GLO 5: Nutrition
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Ontario Health and Physical Education Curriculum Support: Grade 6 (Print-Non-Fiction). Ophea (OPH), 2000. 665 p. ISBN 0-921868-40-5.

This Grade 6 resource expands upon the learning outcomes from previous grades. The five main sections in the Grade 6 resource address a wide range of learning outcomes identified in the Manitoba curriculum. Topics related to Substance Use and Abuse Prevention and reproduction are addressed in this document, but are not part of the Manitoba curriculum for this grade.

Suggested Use: Grade 6
Grade Group: 5 – 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Human Sexuality
GLO 5: Nutrition
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Ontario Health and Physical Education Curriculum Support: Grade 7 (Print-Non-Fiction). Ophea (OPH), 2000. 586 p. ISBN 0-921868-41-3.

This Grade 7 resource begins to move to more formal sports rather than lead-up activities (e.g., gymnastics, dance, track and field, soccer, flag football, volleyball, basketball).

Cautions: Sensitive topics (i.e., reproduction, prevention of pregnancy, STIs, HIV/AIDS, and Substance Use and Abuse Prevention) are included in this resource and are appropriate for the Grade 7 learning outcomes identified in the Manitoba curriculum. Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.

Suggested Use: Grade 7
Grade Group: 5 – 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 1: Sports/Games
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Human Sexuality
GLO 5: Nutrition
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Ontario Health and Physical Education Curriculum Support: Grade 8 (Print-Non-Fiction). Ophea (OPH), 2000. 605 p. ISBN 0-921868-42-1.

This Grade 8 resource contains the same sport unit as the Grade 7 resource, but at a more advanced level. In this resource, there is a match to GLOs 1, 3, and 5 (and a moderate match to GLO 4) in the Manitoba curriculum for this grade.

Cautions: The sensitive topics (e.g., prevention of pregnancy, STIs, HIV/AIDS, and Substance Use and Abuse Prevention) addressed in this resource are not part of the Manitoba curriculum for Grade 8. The resource discusses the issue of name-calling and abusive language, and addresses the misconception that HIV/AIDS is a homosexual disease. Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.

Suggested Use: Grade 8
Grade Group: 5 – 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Human Sexuality
GLO 5: Nutrition
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Ontario Health and Physical Education Curriculum Support: Grade 9-10 Supplement (Print-Non-Fiction). Ophea (OPH), 2000. ISBN 0-921868-43-X.

This comprehensive Canadian-based supplement is intended to provide teachers (Catholic and public) with support materials, which are compatible with the Manitoba curriculum. The Grade 9-10 Supplement contains 12 modules that incorporate healthy growth and sexuality, relationships and sexuality, substance use and abuse, personal safety, cardiopulmonary resuscitation (CPR), interactive games, physical fitness, invasion/territory games, net/wall games, striking/fielding games, target activities, and body-management activities. The resource provides a yearly plan.

Cautions: The Grade 9-10 Supplement shows reproductive system anatomy and addresses sexual orientation, sexual exploitation/assault, and the prevention of pregnancy, sexually transmitted infections (STIs), HIV/AIDS, and substance use and abuse. Potentially sensitive content matches the scope and sequence of the Manitoba curriculum. Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.

The supplement does not provide information on some strands/topics addressed in the Manitoba curriculum, such as the following:

- teamwork and fair play

- officiating skills
- exercise safety
- stress management
- food labelling

Suggested Use: Senior 1; Senior 2
Teacher Reference
GLO 1: Alternative Pursuits
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Human Sexuality
GLO 5: Nutrition
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Ontario Health and Physical Education Curriculum Support: Grade 10 Supplement (Print-Non-Fiction). Ophea (OPH), 2000. ISBN 0-921868-44-8.

This Grade 10 Supplement contains six modules related to outdoor interactive activities, healthy eating, healthy sexuality, growth and sexuality, substance abuse, and conflict resolution. The Appendices are compatible with assessment and evaluation in the areas of ongoing fitness/participation.

Cautions: The Grade 10 Supplement shows reproductive system anatomy and addresses sexual orientation, sexual exploitation/assault, and the prevention of pregnancy, sexually transmitted infections (STIs), HIV/AIDS, and substance use and abuse. Potentially sensitive content matches the scope and sequence of the Manitoba curriculum. Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.

The supplement does not provide information on some strands/topics addressed in the Manitoba curriculum, such as the following:

- teamwork and fair play
- officiating skills
- exercise safety
- stress management
- food labelling

Suggested Use: Senior 1; Senior 2
Teacher Reference
GLO 1: Alternative Pursuits
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Human Sexuality
GLO 5: Nutrition
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

PE-4-ME: Teaching Lifelong Health and Fitness (Print-Non-Fiction). Summerford, Cathie. Human Kinetics Publishers, Inc. (HKB), 2000. 258 p. ISBN 0-7360-0165-4.

This teacher resource addresses many aspects of health and fitness, including movement, nutrition, and interpersonal skills, and provides some information on substance abuse awareness and safety. The resource outlines movement activities and wellness portfolio activities, using a thematic approach throughout the year for integrating physical education and health. It also contains blackline masters (BLMs) for students to use in extensive portfolio and journal writing. The BLMs are organized in the following categories: Activities, Skills, Fun Stuff, Fitness Fuel (Nutrition), and No Zone (Personal Safety, Substance Use and Abuse Prevention).

Cautions: Some navigation is required to determine how all the activities fit together in each theme. General BLMs related to Personal Safety and to Substance Use and Abuse Prevention are included in the resource. Depth and breadth of potentially sensitive content are to be determined at the local school/division level. Nutrition information is American-based.

Suggested Use: Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: 5 - 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 1: Alternative Pursuits
GLO 1: Rhythmic/Gymnastics
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2002-May-01

Pedometer Power: 67 Lessons for K-12 (Print-Non-Fiction). Pangrazi, Robert P. Human Kinetics Publishers, Inc. (HKB), 2002. 119 p. ISBN 0-7360-4484-1.

This comprehensive resource addresses all the basics of starting a pedometer program. (A pedometer calculates stride length to determine distance travelled.) The resource explains how to purchase, use, and store equipment. In addition, it provides information on equipment management, lesson plans for games, a variety of tools for goal setting, data entry, and assessment, as well as references and websites. This book promotes cross-curricular and family activities.

Suggested Use: Grade 2; Grade 3; Grade 4; Grade 5; Grade 6; Grade 7; Grade 8; Senior 1; Senior 2
Grade Group: K – 8
Teacher Reference/Professional Development
Date Recommended: 2003-May-01

Performance-Based Assessment for Middle and High School Physical Education (Print-Non-Fiction). Lund, Jacalyn Lea. Human Kinetics Publishers, Inc. (HKB), 2002. 236 p. ISBN 0-7360-3270-3.

This extensive, current resource explains the process of developing performance-based assessments and provides teachers with strategies to create their own assessments. Information and examples are provided for creating rubrics, open-response questions, portfolios, and culminating and progressive assessments, with suggestions on how to incorporate them into various activities.

Suggested Use: Grade 5; Grade 6; Grade 7; Grade 8; Senior 1; Senior 2
Grade Group: 5 – 8
Teacher Reference/Professional Development
Date Recommended: 2003-May-01

Perpetual Motion: Creative Movement Exercises for Dance and Dramatic Arts (Print-Non-Fiction). Pomer, Janice. Human Kinetics Publishers, Inc. (HKB), 2002. 172 p. ISBN 0-7360-3393-9.

This teacher resource offers a variety of learning strategies and assessment suggestions, along with appropriate black and white graphics and photographs, for teaching creative movement and dance. It also promotes learning skills related to group dynamics, listening, problem solving, and language. Each lesson begins with group exploration, followed by a performance and observation section, and concluding with group discussion. The resource includes a warm-up routine, a glossary of movement terms, and a "finder" chart to help teachers identify exercises quickly. Specific strategies promoting respect for diversity and inclusion are also provided.

The content of this Canadian resource is current and accurate, and the format is easy to use.

Suggested Use: Grade 3; Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K - 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
Date Recommended: 2002-May-01

Personal Fitness: Looking Good—Feeling Good. Fifth Edition (Print-Integrated Resource). Williams, Charles S., et al. (Personal Fitness: Looking Good—Feeling Good). Kendall/Hunt Publishing Co. (KHP).

This comprehensive Personal Fitness series (consisting of a Student Edition, Transparencies, and a Teacher Edition that includes a Testbank CD, a Teacher Resource CD, and a Classroom Video DVD) addresses current fundamental topics in health-related physical fitness, nutrition, and stress. Promoting active and creative student engagement and learning, this series emphasizes individual personalities and attitudes to keep students involved in the learning process. It supports teachers in encouraging students to develop an individual optimum level of physical fitness, acquire knowledge of physical fitness concepts, and understand the significance of healthy lifestyle practices.

The resources provide clear and precise instructional goals and outcomes that are suitable for a wide range of learning and teaching styles. Gender equity and role portrayals are appropriate. The written material and video promote diverse beliefs and customs.

The layout and presentation of the resources are attractive, consistent, and easy to follow, the visuals in both the print text and DVD are effective, and the video narration is clear. The packaging, design, and durability of the product are suitable for classroom use.

Comment: A Student Activity Handbook is also available, but has not been reviewed.

Cautions: This series contains American-based research and statistics. Potentially sensitive material related to steroid use is included. The Classroom Video discusses weight management and body composition. The depiction of some body types in swimwear may be offensive to some viewers. Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.

Date Recommended: 2004-April-26

Personal Fitness: Looking Good—Feeling Good (Student Edition). Fifth Edition (Print-Integrated Resource). Williams, Charles S., et al. (Personal Fitness: Looking Good—Feeling Good). Kendall/Hunt Publishing Co. (KHP), 2005. 355 p. ISBN 0-7575-0467-1.

This hardcover text contains 14 well-designed and clearly organized chapters. Each chapter contains objectives that highlight what students are to look for when they read, chapter previews/overviews, vocabulary, and Internet resources. The text reminds students to establish goals for personal fitness and improvement and shows how goal setting applies to all of life's challenges.

Cautions: Internet links have not been reviewed. The responsibility to evaluate these links rests with teachers.

Suggested Use: Senior 1; Senior 2
Student - Breadth and Depth
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
Date Recommended: 2004-April-26

Personal Fitness: Looking Good—Feeling Good: Teacher Edition. Fifth Edition (Print-Integrated Resource). Williams, Charles S., et al. (Personal Fitness: Looking Good—Feeling Good). Kendall/Hunt Publishing Co. (KHP), 2005. 364 p. ISBN 0-7575-0982-7.

This comprehensive and vividly illustrated wrap-around Teacher Edition is divided into 14 chapters that align with the student text. Each chapter contains extensive information on a variety of topics organized within the following sections:

- Teacher Objectives
- DVD Introductions
- Technology Activities
- Teaching Aids
- Advocacy Suggestions
- Teacher Information
- Assignments

The Teacher Edition also includes the following components:

- **Teacher Resource CD**—includes blackline masters, interactive games, ideas on personal fitness for students with special needs, lesson plans, and PowerPoint presentations.
- **Testbank CD**—provides assessment strategies for students of all abilities.
- **Classroom Video (DVD)**—presents real-life scenarios related to major chapter concepts.

System Requirements:

Teacher Resource CD

- **Windows:** Windows 98, MB, 2000, XP, Pentium II 300 MHz, 128 MB RAM, display capable of 800x600 resolution at 16-bit colour, 8x or faster CD-ROM drive, sound card and speakers.
- **Macintosh:** Mac OS 8.6-9.2, 10.1-10.3, G3 Processor, 128 MB RAM, display capable of 800x600 resolution at thousands of colours, 8x or faster CD-ROM drive.

Testbank CD

- **Windows:** Windows 98, NT 4.0 with Service Pack 4, ME, 2000, or XP, 166 MHz Pentium processor, display with 65,536 colours and 800x600 resolution, 40 MB free hard disk space (10 MB required for student application), CD-ROM drive required for installation, printer required for reporting and other features, Internet Explorer 5.01 or later, Netscape 4.7 or later.
- **Macintosh:** Mac OS 8.6 through 9.2.2, or Mac OS X 10.2 and higher, 150 MHz Power PC processor (233 MHz PowerPC G3 processor for OS X), 32 MB RAM (128 MB RAM for OS X), display with 256 colours and 800x600 resolution, 40 MB free hard disk space (10 MB required for student application), CD-ROM drive required for installation, printer required for reporting and other features, Carbon Lib 1.6 or later (the application CD includes an installer for this), Internet Explorer 5.0 or later (OS 8.6-9.22), Internet Explorer 5.1 or later (OS X 10.2 or later), Netscape 4.76 or later (OS 8.6-9.22), Netscape 6.1 or later (OS X 10.2 or later).

Suggested Use: Senior 1; Senior 2
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
Date Recommended: 2004-April-26

Personal Fitness: Looking Good—Feeling Good: Transparencies. Fifth Edition (Print-Integrated Resource). Williams, Charles S., et al. (Personal Fitness: Looking Good—Feeling Good). Kendall/Hunt Publishing Co. (KHP), 2005. ISBN 0-7575-0801-4.

This three-hole punched softcover text contains 49 illustrated (coloured) transparencies that provide visual representations related to selected topics in each of the 14 chapters of the teacher and student resources. The transparencies provide current and pertinent information to help students establish healthier lifestyle practices.

Suggested Use: Senior 1; Senior 2
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
Date Recommended: 2004-April-26

Physical Activities for Improving Children's Learning and Behavior: A Guide to Sensory Motor Development (Print-Non-Fiction). Cheatum, Billye Ann, et al. Human Kinetics Publishers, Inc. (HKB), 2000. 340 p. ISBN 0-88011-874-1.

This professional reference is intended to help teachers and parents of children with learning, behavioural, and sensory motor development concerns. It discusses medical and educational labels, addresses motor development issues and possible underlying causes, and suggests activities directed towards reducing the effects of sensory motor problems and enriching children's development.

The comprehensive table of contents allows for quick access to various topics such as body awareness, tips for sensory motor development programs, the proprioceptive system, reflexes, and correcting specific problems (e.g., tactile, visual, auditory). Each chapter in this softcover book presents theory in easily understood language, includes charts outlining symptoms, and suggests fun-filled activities, including suggestions for adaptations. The photographs and informative graphics support understanding of content.

Comment: This professional reference can be used in Senior 1 and Senior 2 adapted programs when working with students with sensory motor development concerns.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4; Grade 5; Grade 6; Grade 7; Grade 8; Senior 1; Senior 2
Grade Group: K – 4
Grade Group: 5 – 8
Teacher Reference/Professional Development; Parent – Support
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
Date Recommended: 2004-April-26

Physical Education for Children: Daily Lesson Plans for Elementary School. Second Edition (Print-Non-Fiction). Thomas, Katherine T. Human Kinetics Publishers, Inc. (HKB), 2000. 1164 p. ISBN 0-87322-681-X.

This resource provides an in-depth treatment of most of the physical education-related learning outcomes in the Manitoba curriculum. The book is divided into two-grade sections (Kindergarten and Grade 1, Grades 2 and 3, and Grades 4 and 5), with a unit plan for each set of grades and on each of the following topics: organization, fitness, games and sports, rhythmic activities, gymnastics and health. There are minimal suggestions for assessment and making adaptations/accommodations for students with special needs.

This softcover book has no index but is laid out in a consistent format, with many clear, appropriate black and white diagrams illustrating the suggested activities.

Cautions: Fitness testing suggestions appear for each grade combination, which is not congruent with the Manitoba curriculum. Substance abuse is discussed in the Grades 2 and 3 section. The nutrition content and fitness standards are American-based.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4; Grade 5
Grade Group: K - 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 1: Rhythmic/Gymnastics
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2002-May-01

Physical Education for Children: Daily Lesson Plans for Middle School. Second Edition (Print-Non-Fiction). Lee, Ameliai M. Human Kinetics Publishers, Inc. (HKB), 2000. 347 p. ISBN 0-87322-683-6.

Suitable for those new to teaching physical education in Grades 5 and 6, this resource explains basic movement (motor development) concepts and effective teaching strategies. It includes 143 ready-to-use, fully illustrated lesson plans (with black and white illustrations) for the following topics: organization, fitness, games and sports, rhythmic activities, gymnastics, health, and classroom activities. The appendix provides some suggested assessment tools (checklists, rating scales, and skill tests).

Cautions: This softcover book offers insufficient material to implement comprehensive physical education programming for both Grades 5 and 6. The assessment ideas are limited. American-based fitness standards are used.

Suggested Use: Grade 6; Grade 7; Grade 8
Grade Group: 5 - 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 1: Rhythmic/Gymnastics
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 5: Active Living
Date Recommended: 2002-May-01

Physical Education Methods for Classroom Teachers (Print-Non-Fiction). Human Kinetics. Human Kinetics Publishers, Inc. (HKB), 1999. 344 p. ISBN 0-88011-842-3.

Designed specifically for classroom teachers who teach physical education, this resource provides the methodology and guidelines on various aspects of physical education instruction, including research on assessment and behaviour management, strategies for integrating physical education across the curriculum, cooperative learning, safety in relation to liability, equipment, and so on. The resource could also be useful to physical education specialists.

Cross-curricular ideas and assessment tools are provided throughout the text. A chapter on "Including Everyone in Physical Education" provides information related to gender, abilities, and diverse cultures. A variety of black and white tables, graphs, diagrams, and pictures are included.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4; Grade 5; Grade 6
Grade Group: K - 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 1: Rhythmic/Gymnastics
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
Date Recommended: 2002-May-01

Physical Education Methods for Elementary Teachers. Second Edition (Print-Non-Fiction). Thomas, Katherine T., Lee, Amelia M., and Thomas, Jerry R. Human Kinetics Publishers, Inc. (HKB), 2003. 435 p. ISBN 0-7360-4106-0.

This resource focuses on six aspects of child development: physical growth and maturation, motor performance during childhood, cognition learning and practice, physical activity for children, psycho-social factors in physical education, and individual differences. Each aspect of child development is addressed in a separate chapter that begins with the conceptual/thematic approach to a given aspect, followed by sample lesson plans and learning activities that reinforce a particular concept. The book also includes sections on preparing to teach physical education and teaching physical education, with information on planning, organizing, management, and evaluation.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4; Grade 5; Grade 6
Grade Group: K – 4
Grade Group: 5 – 8
Teacher Reference/Professional Development
Date Recommended: 2003-May-01

Physical Education Tips from the Trenches (Print-Non-Fiction). Sutherland, Charmain. Human Kinetics Publishers, Inc. (HKB), 2002. 239 p. ISBN 0-7360-3709-8.

This book takes a humorous look at everyday occurrences that physical education teachers commonly encounter in the physical education program, and provides practical solutions for them. Each occurrence includes delightful cartoons and is presented in a consistent format with the following headings: obstacle, common mistakes, solutions, tips, and real-life story. Although this book does not specifically address the curricular learning outcomes, it is a helpful resource for classroom management.

Cautions: American measurements are used in examples.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K – 8

Teacher Reference/Professional Development
Date Recommended: 2003-May-01

Planet Health: An Interdisciplinary Curriculum for Teaching Middle School Nutrition and Physical Activity (Print-Non-Fiction). Carter, Jill. Human Kinetics Publishers, Inc. (HKB), 2001. 523 p. ISBN 0-7360-3105-7.

This teacher resource is a compilation of 63 classroom-based lessons and 30 micro lessons that focus on an interdisciplinary approach to health education. While encouraging students to think holistically about how health behaviours are interrelated, this resource specifically addresses the topics of nutrition and physical activity, as well as building skills and competencies for English language arts, mathematics, science, social studies, and physical education. Lessons begin by activating and assessing students' prior knowledge, followed by inquiry-based activities in which students read, write, speak, listen, experiment, and reflect. *Planet Health* provides a range of teacher and student resources to support the inquiry activities. This well-organized teacher resource also provides many tables, charts, and blackline masters for classroom use.

Cautions: The measurements, nutrition information, and outcomes and standards are American-based.

Suggested Use: Grade 6; Grade 7; Grade 8
Grade Group: 5 – 8
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 4: Personal and Social Management Skills
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
Date Recommended: 2003-May-01

Play Practice: The Games Approach to Teaching and Coaching Sports (Print-Non-Fiction). Launder, Alan G. Human Kinetics Publishers, Inc. (HKB), 2001. 184 p. ISBN 0-7360-3005-0.

This professional resource supports a holistic approach to learning game concepts and strategies. The first section of this resource provides the theoretical background that teachers or coaches could use to develop their lessons or programs. The second section allows instructors to choose a variety of possible ideas for different sports, including invasion, striking, fielding, target, and net/wall-type games. This well-organized book includes numerous cartoons pertaining to the concepts addressed.

Suggested Use: Grade 5; Grade 6; Grade 7; Grade 8; Senior 1; Senior 2
Grade Group: 5 - 8
Teacher Reference/Professional Development
Date Recommended: 2003-May-01

Premier's Sport Award Program (Print-Non-Fiction). Wedmann, Wilf. (Premier's Sport Award Program). JW Sporta Limited (JWS).

This series consists of separate teaching manuals for 13 different sports or activities: badminton, basketball, curling, disk sports, field hockey, golf, gymnastics, ice skating, orienteering, soccer, softball, track and field, and volleyball. The resources primarily address the physical education-related learning outcomes in the Manitoba curriculum. Each manual includes practical suggestions for promoting diversity and inclusion, fair play, goal setting, and meeting challenges to achieve specific skills.

These skill-based resources use appropriate progressions and pictorial representations. Lesson plans include sport-specific warm-ups and cool-downs, introductory activities, skill cues, safety suggestions, concluding activities, and a fitness focus. Suggestions for post-activity discussions and ideas for recognizing diversity/inclusion are provided.

The content in these coil-bound manuals is clear and well laid out. The black and white graphics are technically correct, but most pictures are of younger children.

Cautions: Included at the back of each manual is an award program based on meeting sport-specific skill challenges. Some teachers may prefer not to enroll. Some manuals include references to sport locations across Canada, but most references are to British Columbia only.
Date Recommended: 2002-May-01

Premier's Sport Award Program: Badminton: Teaching the Basics Resource Manual (Print-Non-Fiction). Wedmann, Wilf. (Premier's Sport Award Program). JW Sporta Limited (JWS), 2001. 112 p. ISBN 0-7726-2175-6.

The badminton manual includes basic and advanced skills and games and modifications for different levels. It is most suitable for Grades 3 to 8.

Suggested Use: Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K - 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 4: Personal Development
Date Recommended: 2002-May-01

Premier's Sport Award Program: Basketball: Teaching the Basics Resource Manual (Print-Non-Fiction). Wedmann, Wilf. (Premier's Sport Award Program). JW Sporta Limited (JWS), 2002. 82 p. ISBN 0-7726-4106-4.

The basketball manual includes tricky tricks, drills, and games, along with the basic lessons. It is most suitable for Grades 3 to 8.

Suggested Use: Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K - 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 4: Personal Development
Date Recommended: 2002-May-01

Premier's Sport Award Program: Curling: Teaching the Basics Resource Manual (Print-Non-Fiction). Wedmann, Wilf. (Premier's Sport Award Program). JW Sporta Limited (JWS), 2001. 56 p. ISBN 0-7726-3176-X.

The curling manual focuses on delivery, sweeping, and basic strategies. It is most suitable for Grades 5 to 8.

Suggested Use: Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K - 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 4: Personal Development
GLO 4: Personal and Social Management Skills
Date Recommended: 2002-May-01

Premier's Sport Award Program: Disc Sports: Teaching the Basics Resource Manual (Print-Non-Fiction). Wedmann, Wilf. (Premier's Sport Award Program). JW Sporta Limited (JWS), 2000. 47 p. ISBN 0-7726-4372-5.

The disc sports manual is a guide to Ultimate, and includes a chapter on Disc Golf. It is most suitable for Grades 3 to 8.

Suggested Use: Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K - 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 4: Personal Development
GLO 4: Personal and Social Management Skills
Date Recommended: 2002-May-01

Premier's Sport Award Program: Field Hockey: Teaching the Basics Resource Manual (Print-Non-Fiction). Wedmann, Wilf. (Premier's Sport Award Program). JW Sporta Limited (JWS), 2001. 62 p. ISBN 0-7726-1411-3.

The field hockey manual contains chart-size skill-progression diagrams and explanations, and includes drill supplements, game supplements, mini-field hockey rules, and simplified field hockey rules. It is most suitable for Grades 3 to 8.

Suggested Use: Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K - 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 4: Personal Development
GLO 4: Personal and Social Management Skills
Date Recommended: 2002-May-01

Premier's Sport Award Program: Golf: Teaching the Basics Resource Manual (Print-Non-Fiction). Wedmann, Wilf. (Premier's Sport Award Program). JW Sporta Limited (JWS), 2000. 48 p. ISBN 0-7726-4417-9.

The golf manual focuses on the instruction of basic strokes, and includes information on mini-golf course setup and games. It is most suitable for Grades 3 to 8.

Suggested Use: Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K - 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 4: Personal Development
GLO 4: Personal and Social Management Skills
Date Recommended: 2002-May-01

Premier's Sport Award Program: Gymnastics: Teaching the Basics Resource Manual (Print-Non-Fiction). Wedmann, Wilf. (Premier's Sport Award Program). JW Sporta Limited (JWS), 2001. 82 p. ISBN 0-7726-0035-X.

The gymnastics manual focuses on floor aspects of the sport. Sample routines are included. This resource is most suitable for Grades 3 to 8.

Suggested Use: Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K - 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 4: Personal Development
GLO 4: Personal and Social Management Skills
Date Recommended: 2002-May-01

Premier's Sport Award Program: Ice Skating: Teaching the Basics Resource Manual (Print-Non-Fiction). Wedmann, Wilf. (Premier's Sport Award Program). JW Sporta Limited (JWS), 2001. 55 p. ISBN 0-7726-1410-5.

The ice skating manual focuses on the basic beginner level. It contains a section on common errors and corrections, and includes a game supplement. This resource is most suitable for Grades 3 to 8.

Suggested Use: Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K - 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 1: Alternative Pursuits
GLO 1: Rhythmic/Gymnastics
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 4: Personal Development
GLO 4: Personal and Social Management Skills
Date Recommended: 2002-May-01

Premier's Sport Award Program: Orienteering: Teaching the Basics Resource Manual (Print-Non-Fiction). Wedmann, Wilf. (Premier's Sport Award Program). JW Sporta Limited (JWS), 2001. 118 p. ISBN 0-7726-1204-8.

The orienteering manual includes references to videos, and provides blackline masters of course setup and scorekeeping cards. It is most suitable for Grades 7 and 8.

Suggested Use: Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K - 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Alternative Pursuits
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 4: Personal Development
GLO 4: Personal and Social Management Skills
Date Recommended: 2002-May-01

Premier's Sport Award Program: Soccer: Teaching the Basics Resource Manual (Print-Non-Fiction). Wedmann, Wilf. (Premier's Sport Award Program). JW Sporta Limited (JWS), 2001. 80 p. ISBN 0-7726-0364-2.

The soccer manual provides illustrations and explanations of basic skills. It includes mini-soccer rules, indoor soccer rules, as well as drill and game supplements. This resource is most suitable for Grades 3 to 6.

Suggested Use: Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K - 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 4: Personal Development
GLO 4: Personal and Social Management Skills
Date Recommended: 2002-May-01

Premier's Sport Award Program: Softball: Teaching the Basics Resource Manual (Print-Non-Fiction). Wedmann, Wilf. (Premier's Sport Award Program). JW Sporta Limited (JWS), 2001. 65 p. ISBN 0-7726-1408-3.

The softball manual contains a softball game supplement with tips and skill cues. This resource is most suitable for Grades 3 to 8.

Suggested Use: Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K - 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 4: Personal Development
GLO 4: Personal and Social Management Skills
Date Recommended: 2002-May-01

Premier's Sport Award Program: Track and Field: Teaching the Basics Resource Manual (Print-Non-Fiction). Wedmann, Wilf. (Premier's Sport Award Program). JW Sporta Limited (JWS), 2001. 97 p. ISBN 0-7726-2489-1.

The track and field manual focuses on sprints, distance running, relays, long jumps, triple jumps, high jumps, discus, shot put, and hurdles. This resource is most suitable for Grades 3 to 8.

Suggested Use: Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K - 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 4: Personal Development
GLO 4: Personal and Social Management Skills
Date Recommended: 2002-May-01

Premier's Sport Award Program: Volleyball: Teaching the Basics Resource Manual (Print-Non-Fiction). Wedmann, Wilf. (Premier's Sport Award Program). JW Sporta Limited (JWS), 2001. 82 p. ISBN 0-7726-1473-3.

The volleyball manual contains skill challenges, game supplements, and a drill section, and includes the mini-volleyball approach. It does not discuss blocking, spiking, and overhand serving. This resource is most suitable for Grades 3 to 6.

Suggested Use: Grade 4; Grade 5; Grade 6; Grade 7; Grade 8

Grade Group: K - 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 4: Personal Development
GLO 4: Personal and Social Management Skills
Date Recommended: 2002-May-01

Quality Lesson Plans for Secondary Physical Education (includes CD-ROM). Second Edition (Print-Non-Fiction). Zakrajsek, Dorothy B. Human Kinetics Publishers, Inc. (HKB), 2003. 691 p. ISBN 0-7360-4485-X.

This American resource, with a CD-ROM, contains 9 major units (e.g., badminton, basketball, dance), 11 minor units (e.g., pickleball, lacrosse, in-line skating), and 30 single-day lesson plans (e.g., crackle ball, bocce ball, hacky sack challenge). Each unit includes information on unit organization, social skills and etiquette, lesson modifications, safety and vocabulary, as well as daily lesson plans and equipment and facility checklists. At the end of many of the units is a listing of assessment ideas and resources. Although this is an American-based resource, all measurements are also listed in metric.

System Requirements:

- **Windows:** IBM PC compatible with Pentium processor, Windows 95/98/NT 4.0/ME/XP or Windows 2000, Microsoft Office 97, at least 16 MB RAM with 32 MB recommended; 2x CD-ROM drive.
- **Macintosh:** Power Mac required, System 7.x / 8.x / 9.x, System OS X, Microsoft Office Word for MAC, at least 16 MB RAM with 32 MB recommended, 2x CD-ROM drive.

Suggested Use: Senior 1; Senior 2
Teacher Reference
GLO 1: Alternative Pursuits
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
Date Recommended: 2003-May-01

Run, Jump, Throw...and Away We Go! (Print-Non-Fiction). Alberta Learning (LRC), 2001. 106 p. ISBN 0-7785-1296-7.

This Canadian resource for all grades takes a progressive (Levels 1 to 4) approach to teaching athletics (track and field). It follows age-appropriate stages for skill development. The text provides lessons that feature enjoyable, innovative ways to teach both fundamentals for beginners and progressions for the instruction/coaching of more advanced skills pertaining to specific track and field events. Practical learning activities related to running, jumping, and throwing events are included.

Providing clearly stated instructional goals and learner outcomes, this resource is suitable for a wide range of learning and teaching styles. The concepts are clearly introduced and developed. The material provided complies with safety standards recommend for track and field. The document recognizes gender equity throughout. The book is three-hole punched.

Comment: At Senior 1 and Senior 2, this resource is useful for teaching track and field.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4; Grade 5; Grade 6; Grade 7; Grade 8; Senior 1; Senior 2
Grade Group: K – 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
Date Recommended: 2004-April-26

Special Needs Science: Understanding Differences (Print-Non-Fiction). (Understanding Differences). Exclusive Educational Products (EEP), 2001. 122 p. Order no. 0120.

This teacher resource promotes tolerance, appreciation, and a greater understanding of students with special needs (i.e., vision, hearing, mobility). Appreciation of differences is developed through scientific explanations and enjoyable assimilated learning activities. Students learn about people's physical challenges, existing barriers, and ways to assist people with different needs. Reference is also made to allergies and other health conditions, with websites providing up-to-date support for parents, teachers, and students.

The suggested learning and assessment strategies could be adapted across the grades. The resource supports integration across subject areas, particularly with science (when dealing with the topic The Senses) and English language arts (GLO1—Explore thoughts, ideas, feelings, and experiences).

This resource binder is easy to use, and includes clear black and white diagrams and illustrations.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K - 8
Teacher Reference
Special Needs
GLO 1: Sports/Games
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
Date Recommended: 2002-May-01

Sport Progressions (Print-Non-Fiction). Clumper, Roy A. Human Kinetics Publishers, Inc. (HKB), 2003. 280 p. ISBN 0-7360-3385-8.

This reference book is primarily for teachers who wish to develop students' sports skills in an efficient, sequential manner. Easy-to-use, well-presented skill-development progressions are illustrated for a variety of individual, dual, and team-type sports, including golf, badminton, tennis, flag football, basketball, volleyball, and soccer. Lessons are organized in the following categories: goals, organization, description, and challenges. Teachers and/or coaches can use the skill-building activities to develop the specific game skills of their players/students.

Suggested Use: Grade 7; Grade 8; Senior 1; Senior 2
Grade Group: 5 – 8
Teacher Reference
GLO 1: Alternative Pursuits
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
Date Recommended: 2003-May-01

Sports in Action (Print-Non-Fiction). Dann, Sarah, et al. (Sports in Action). Crabtree Publishing Company (CRA).

Each book in this comprehensive series (suitable for Grades 3 to 8) deals clearly and concisely with sport-specific rules and skills, safety considerations, equipment requirements, warm-up activities, game strategy, and terminology. These softcover resources contain effective full-colour illustrations and photographs (portraying gender balance and representing different ages) and include many Canadian references. This series could serve as a library resource for students looking for basic information about a specific sport to be used for study, research, projects, and so on.

Date Recommended: 2004-April-26

Sports in Action: Baseball in Action (Print-Non-Fiction). Dann, Sarah, et al. (Sports in Action). Crabtree Publishing Company (CRA), 2000. 32 p. ISBN 0-7787-0175-1.

This book introduces the sport of baseball in a clear, concise, and engaging manner. It includes information on baseball rules, sport-specific skills, safety considerations, equipment requirements, warm-up activities, game strategy, and terminology.

Suggested Use: Grade 3; Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K – 4
Grade Group: 5 – 8
Student – Depth
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 3: Safety of Self and Others
Date Recommended: 2004-April-26

Sports in Action: Basketball in Action (Print-Non-Fiction). Crossingham, John, et al. (Sports in Action). Crabtree Publishing Company (CRA), 2000. 32 p. ISBN 0-7787-1074-3.

This book introduces the sport of basketball in a clear, concise, and engaging manner. It includes information on basketball rules, sport-specific skills, safety considerations, equipment requirements, warm-up activities, game strategy, and terminology.

Suggested Use: Grade 3; Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K – 4
Grade Group: 5 – 8
Student – Depth
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 3: Safety of Self and Others
Date Recommended: 2004-April-26

Sports in Action: Hockey in Action (Print-Non-Fiction). Walker, Niki, et al. (Sports in Action). Crabtree Publishing Company (CRA), 2000. 32 p. ISBN 0-7787-0172-7.

This book introduces the sport of hockey in a clear, concise, and engaging manner. It includes information on hockey rules, sport-specific skills, safety considerations, equipment requirements, warm-up activities, game strategy, and terminology.

Suggested Use: Grade 3; Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K – 4
Grade Group: 5 – 8
Student – Depth
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 3: Safety of Self and Others
Date Recommended: 2004-April-26

Sports in Action: Soccer in Action (Print-Non-Fiction). Walker, Niki, et al. (Sports in Action). Crabtree Publishing Company (CRA), 2000. 32 p. ISBN 0-7787-0173-5.

This book introduces the sport of soccer in a clear, concise, and engaging manner. It includes information on soccer rules, sport-specific skills, safety considerations, equipment requirements, warm-up activities, game strategy, and terminology.

Suggested Use: Grade 3; Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K – 4
Grade Group: 5 – 8
Student – Depth
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 3: Safety of Self and Others
Date Recommended: 2004-April-26

Sports in Action: Volleyball in Action (Print-Non-Fiction). Crossingham, John, et al. (Sports in Action). Crabtree Publishing Company (CRA), 2000. 32 p. ISBN 0-7787-0176-X.

This book introduces the sport of volleyball in a clear, concise, and engaging manner. It includes information on volleyball rules, sport-specific skills, safety considerations, equipment requirements, warm-up activities, game strategy, and terminology.

Suggested Use: Grade 3; Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K – 4
Grade Group: 5 – 8
Student – Depth
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 3: Safety of Self and Others
Date Recommended: 2004-April-26

Step Lively (Print-Non-Fiction). Rose, Marian. (Step Lively). Community Dance Project (CDP).

These Canadian resources contain directions and accompanying CD music for introducing many kinds of group dancing (e.g., French-Canadian, Métis, Ukrainian). The two books provide clear and concise descriptions of each dance, including historical background, recommended grades, instructions on dance steps, formations, and variations, and a glossary of dance terms. Integration of dances with other subject areas is promoted. The accompanying CD contains the music needed to perform the dances and follows the order that the dances are presented in the book.

Cautions: No modifications are suggested for special needs students.

Date Recommended: 2002-May-01

Step Lively 2: Canadian Dance Favourites (includes CD) (Print-Non-Fiction). Rose, Marian. (Step Lively). Community Dance Project (CDP), 2000. 52 p. ISBN 0-9687569-1-3.

This book consists of more complex dances and suggests adaptations for their use in multiple grades. Dances include: Heel Toe Away We Go, French Minuet, The Duck Dance, Reel Du Castor, Rump Bump #3, Joys of Port McNeil, and Pride and Joy Polka.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K - 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
Date Recommended: 2002-May-01

Step Lively: Dances for Schools and Families (includes CD) (Print-Non-Fiction). Rose, Marian. (Step Lively). Community Dance Project (CDP), 2000. 43 p. ISBN 0-9687569-0-5.

This book contains dances that can easily be performed by primary as well as older children. Dances include: Kinderpolka, Can't Jump Josie, 7 Jumps, Ach Ja!, BINGO, Caimarusa, Ozark Rag, Alphabet Soup, Trains, Barn Dance, and Family Waltz.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K - 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
Date Recommended: 2002-May-01

Strategies for Inclusion: A Handbook for Physical Educators (Print-Non-Fiction). Lieberman, Lauren J. Human Kinetics Publishers, Inc. (HKB), 2002. 255 p. ISBN 0-7360-0324-X.

This resource provides strategies for integrating children with special needs into physical education programming. It provides information and advice on student placement, developing Individual Education Plans (IEPs), assessment, program adaptations, awareness activities, training and using peer tutors and support personnel, and involving the community. In addition to providing information on understanding inclusion, this handbook offers adaptable thematic instructional units that contain ready-to-use rubrics (related to movement and sport skills), checklists, ideas on performance assessment, and suggestions for rule changes, equipment modifications, and adjustments for teaching styles and methods.

Suggested Use: Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: 5 – 8
Teacher Reference
GLO 1: Alternative Pursuits
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
Date Recommended: 2003-May-01

Strengthening Your Physical Education Program with Innovative Fitness Strategies and Activities (Grades 6-12) (Print-Non-Fiction). Thompson, Carolyn. Bonnie's Fitware, Inc. (BonFit), 1998. 111 p. ISBN 1-893166-27-9.

Dealing primarily with individual fitness management and wellness promotion, this resource provides teachers with support and a variety of tools (e.g., resistance tubing, heart-rate monitors) for implementing fitness outcomes in their physical education programs. Fitness activities include circuits and resistance training, as well as assessment of these activities. Several reproducible worksheets are included. Teachers have the option of using an entire unit or an individual lesson on fitness. The resource may be helpful to beginning teachers.

Comments: Some of the black and white line drawings in this resource are difficult to interpret and may not relate to the context. Appropriate support material (e.g., background information) is not always provided.

Cautions: This resource is based on American content and statistics. Many pages must be adapted to the Manitoba context to maximize their effectiveness. The resource contains grammatical and spelling errors.

Suggested Use: Senior 1; Senior 2
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Rhythmic/Gymnastics
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
Date Recommended: 2003-May-01

Teaching Children Physical Education: Becoming a Master Teacher (includes CD-ROM with video clips). Second Edition (Print-Non-Fiction). Graham, George. Human Kinetics Publishers, Inc. (HKB), 2001. 213 p. ISBN 0-7360-3335-1.

This teacher resource book and accompanying CD-ROM focus on physical education pedagogy—the skills and techniques that successful teachers use. Novice and experienced teachers will learn practical skills and techniques, such as how to

- motivate children to practise
- build positive feelings
- minimize off-task behaviour and discipline problems
- create an atmosphere for sharing
- maximize learning
- develop lesson content
- use a problem-solving approach
- observe and analyze
- provide feedback
- assess children's (and their own) progress

The CD-ROM contains cross-referenced video clips of master teachers demonstrating the skills described in each chapter of the book, in an actual gymnasium setting.

System Requirements: Pentium processor or higher; Macintosh system 7.1 or higher; Windows 95 or higher; Quicktime 3.0; 4x CD-ROM; 256 colours; VGA colour monitor; sound card; speakers.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K - 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Sports/Games
GLO 1: Rhythmic/Gymnastics
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Personal Health Practices
GLO 5: Active Living
Date Recommended: 2002-May-01

Teaching FUNdamental Gymnastics Skills (Print-Non-Fiction). Mitchell, Debby, Davis, Barbara, and Lopez, Raim. Human Kinetics Publishers, Inc. (HKB), 2002. 297 p. ISBN 0-7360-0124-7.

This comprehensive gymnastics resource provides teaching progressions for both exploratory and formal gymnastics skills. Topics include learning cues, class organization, biomechanics, warm-up and stretching, contraindicated exercises, and conditioning. The book also contains sections on floor exercises, balance beams, vaults, and bars. Safety is a major consideration in all sections. Diagrams and explanations are easy to follow. An extensive skill-finder chart allows for easy referencing of activities.

Suggested Use: Grade 2; Grade 3; Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K - 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills

GLO 1: Rhythmic/Gymnastics
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
Date Recommended: 2003-May-01

Teaching Middle School Physical Education: A Standards-Based Approach for Grades 5-8. Second Edition (Print-Non-Fiction). Mohnsen, Bonnie S. Bonnie's Fitware, Inc. (BonFit), 2003. 390 p. ISBN 0-7360-4381-0.

This softcover teacher professional resource (the second edition of a previously recommended resource) is a comprehensive step-by-step guide for designing a quality Middle Years physical education program. It provides information on the characteristics of Middle Years students, general planning, facility and equipment inventory, selection of instructional units, development of unit and lesson plans (does not include specific examples of lesson plans), and assessment strategies. The index facilitates navigation.

Cautions: Numerous references to American standards, philosophies, and government policies appear in the resource. Self-defence techniques are included in this book at Grade 7, but are not part of the Manitoba curriculum for Grade 7.

Suggested Use: Grade 5, Grade 6; Grade 7; Grade 8
Grade Group: 5 – 8
Teacher Reference/Professional Development
GLO 1: Alternative Pursuits
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Personal Health Practices
Date Recommended: 2004-April-26

Teaching Rhythmic Gymnastics: A Developmentally Appropriate Approach (Print-Non-Fiction). Plamer, Heather C. Human Kinetics Publishers, Inc. (HKB), 2002. 131 p. ISBN 0-7360-4242-3.

This practical, easy-to-use resource focuses on the basics of teaching rhythmic gymnastics. It describes the steps needed to develop a program, including information on purchasing or making equipment, music selection, basic skills and patterns, lesson plans, checklists, and follow-up individual and group activities. The illustrations, diagrams, and descriptions are clear and easy to understand. Beginning or experienced teachers of rhythmic gymnastics can use this resource.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K – 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 3: Physical Activity Risk Management
Date Recommended: 2003-May-01

Teaching Sport Concepts and Skills: A Tactical Games Approach (Print-Non-Fiction). Griffin, Linda L. Human Kinetics Publishers, Inc. (HKB), 2002. 237 p. ISBN 0-88011-478-9.

This resource explains the teaching of games from a tactical perspective. The text presents the theory behind the tactical approach, followed by in-depth units for multiple grades on the following sports: soccer, basketball, volleyball, badminton, tennis, softball, and golf. Each unit supplies a table outlining the levels of tactical complexity specific to a given sport. Several lesson plans are provided for each tactical strategy/problem, complete with a lesson focus, objectives, appropriate games, problem-solving questions, practice tasks, and clear diagrams.

Suggested Use: Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: 5 – 8
Teacher Reference/Professional Development
Date Recommended: 2003-May-01

Treasure for Lunch (Print-Picture Book). Nanji, Shenaaz. Second Story Press (UTP), 2000. ISBN 1-896764-32-0.

This multi-ethnic and socially conscious Canadian picture book with its colourful illustrations sensitively portrays cultural diversity in relation to school lunches.

Comment: This resource is suitable for integration with English language arts.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4
Grade Group: K – 4
Student – Depth
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Nutrition
Date Recommended: 2004-April-26

Walking Games and Activities (Print-Non-Fiction). Decker, June Irene. Human Kinetics Publishers, Inc. (HKB), 2002. 163 p. ISBN 0-7360-3430-7.

This in-depth guide to walking-based games and activities contains 40 ready-to-use activities (along with a quick activity finder) that reinforce basic fitness principles and concepts, nutrition, stress management, and specific walking techniques. The resource also provides blackline masters for learning and assessment activities. Sample scope and sequence units for elementary, middle, and high school are included.

Cautions: Activities that address body image and weight management should be treated with sensitivity. The nutrition information in this resource is American-based.

Suggested Use: Grade 1; Grade 2; Grade 3; Grade 4; Grade 5; Grade 6; Grade 7; Grade 8; Senior 1; Senior 2
Grade Group: K – 8
Teacher Reference; Parent – Support
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Alternative Pursuits
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Active Living
GLO 5: Personal Health Practices
Date Recommended: 2002-May-01
Date Recommended: 2003-May-01

Warming Up and Cooling Down: Practical Ideas for Ensuring a Fun and Beneficial Exercise Experience (Print-Non-Fiction). Harris, Jo, et al. Human Kinetics Publishers, Inc. (HKB), 2002. 103 p. ISBN 0-7360-3878-7.

This comprehensive book presents theory about warming up and cooling down for a variety of dance, exercise, and sports activities for students of all ages. The softcover text presents more than 30 relevant, safe, enjoyable, age-appropriate activity ideas, accompanied by clear graphics and effective charts and tables that enhance and complement the text. The book includes an extensive chapter on safety, as well as a concise glossary.

Cautions: While the knowledge base in this resource is congruent with the Manitoba curriculum at all grades, application of skill-related activities is limited for the Senior Years. Although this book refers to the National Curriculum for England and Wales, the content supports Manitoba's curriculum.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4; Grade 5; Grade 6; Grade 7; Grade 8; Senior 1; Senior 2
Grade Group: K – 8
Teacher Reference
GLO 1: Movement Skills
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 5: Active Living
GLO 5: Personal Health Practices
Date Recommended: 2004-April-26

Whether in, on, or around Water: Safety before Fun Series (Print-Integrated Resource). (Whether in, on, or around Water: Safety before Fun Series). Societe de Sauvetage (LIFE).

This water safety series includes four Teaching Guides with student activity pages (one for each of Grades 3, 4, 5, and 6), two videos (one for

Grades 3 and 4, and one for Grades 5 and 6), and a CD-ROM. The resources can be purchased as a set, or each piece individually.

The videos and Teaching Guides explore 10 water safety themes across the grades:

- Learn to Swim
- Wear a Lifejacket or PFD
- Learn to Float
- Reach, Throw, or Row
- Look before You Leap
- Don't Overload Your Boat
- Stay with Your Boat
- Learn the Boating Rules of the Road
- Alcohol, Drugs, and Boating Don't Mix
- Be Polite, Don't Pollute

General Resource Descriptions

General descriptions of the water safety resources follow. For more detailed information and cautions about specific resources, please refer to the individual annotations.

Teaching Guides: The Teaching Guide for each grade supports the *Water Smart/Aqua Bon* video, but could be used alone. Each eight-page guide contains an introduction, drowning statistics, student objectives, situation scenarios, and five grade-specific student learning activities for each water safety theme. The accompanying student and parent activities are reproducible. The guide includes additional references and information available on the topic.

This resource is current, accurate, and Canadian. The colourful graphics in each Teaching Guide are appealing and age appropriate. Information on student activity pages is crowded and the font size is small. These pages appear "busy."

Water Smart/Aqua Bon (Videos): The two videos (for Grades 3 and 4 and for Grades 5 and 6) identify water safety rules, water hazards, and practices related to water safety activities for swimming and boating. The English version of this video (filmed in Quebec) follows the French version on the same videocassette.

These current and accurate water safety videos, featuring music, colour, and graphics, are relevant, meaningful, and appealing for students. However, there is little evidence of diversity or multiculturalism.

CD-ROM: The CD-ROM supports the water safety learning outcomes at Grades 4, 5, and 7, and Prevention and Care of Hypothermia at Grades 6 and 7. It contains information on the following topics:

- Water Smart: Swimming; Floating; Diving; Sun Protection; and PFDs and Life Jackets
- Water Safety: Pools; Beaches; Water Rescue; Environment
- Boat Safety: Be Boat Smart; Before Departure; On the Water; Accidents; Hypothermia

Each topic includes factual information, notes to parents, fact bubbles, movie clips, and quizzes.

This Canadian resource for teaching water safety and/or hypothermia is current and accurate. It is highly interactive and user friendly. However, there is little evidence of diversity or multiculturalism.

Date Recommended: 2002-May-01

Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 3 Teaching Guide (Print-Integrated Resource). (Whether in, on, or around Water: Safety before Fun Series). Societe de Sauvetage (LIFE), 2001. 8 p.

This guide explores 10 water safety themes with learning experiences applicable to Grade 3.

Cautions: The "Alcohol, Drugs, and Boating Don't Mix" theme contains potentially sensitive/controversial information about the effects of alcohol and drugs on the body. Depth and breadth of potentially sensitive content are to be determined at the local school/division level.

Suggested Use: Grade 3
Grade Group: K - 8
Student - Depth; Teacher Reference; Parent - Support
GLO 1: Alternative Pursuits
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
Date Recommended: 2002-May-01

Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 4 Teaching Guide (Print-Integrated Resource). (Whether in, on, or around Water: Safety before Fun Series). Societe de Sauvetage (LIFE), 2001. 8 p.

This guide explores 10 water safety themes with learning experiences applicable to Grade 4.

Cautions: The "Alcohol, Drugs, and Boating Don't Mix" theme contains potentially sensitive/controversial information about the effects of alcohol and drugs on the body. This is not part of the Manitoba curriculum for Grade 4. Depth and breadth of potentially sensitive content are to be determined at the local school/division level.

Suggested Use: Grade 4
Grade Group: K - 8
Student - Depth; Teacher Reference; Parent - Support
GLO 1: Alternative Pursuits
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
Date Recommended: 2002-May-01

Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 5 Teaching Guide (Print-Integrated Resource). (Whether in, on, or around Water: Safety before Fun Series). Societe de Sauvetage (LIFE), 2001. 8 p.

This guide explores 10 water safety themes with learning experiences applicable to Grade 5.

Cautions: The "Alcohol, Drugs, and Boating Don't Mix" theme contains potentially sensitive/controversial information about the effects of alcohol and drugs on the body. Depth and breadth of potentially sensitive content are to be determined at the local school/division level.

Suggested Use: Grade 5
Grade Group: K - 8
Student - Depth; Teacher Reference; Parent - Support
GLO 1: Alternative Pursuits
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
Date Recommended: 2002-May-01

Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 6 Teaching Guide (Print-Integrated Resource). (Whether in, on, or around Water: Safety before Fun Series). Societe de Sauvetage (LIFE), 2001. 8 p.

This guide explores 10 water safety themes with learning experiences applicable to Grade 6.

Cautions: The "Alcohol, Drugs, and Boating Don't Mix" theme contains potentially sensitive/controversial information about the effects of alcohol and drugs on the body. This is not part of the Manitoba curriculum for Grade 6. Depth and breadth of potentially sensitive content are to be determined at the local school/division level.

Suggested Use: Grade 6
Grade Group: K - 8
Student - Depth; Teacher Reference; Parent - Support
GLO 1: Alternative Pursuits
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
Date Recommended: 2002-May-01

Whether in, on, or around Water: Safety before Fun Series: Info Marine: Safety before Fun (CD-ROM) (Print-Integrated Resource). (Whether in, on, or around Water: Safety before Fun Series). Societe de Sauvetage (LIFE), 2001.

This CD-ROM contains information on water and boating safety. Due to the advanced reading level, this resource is suitable as a teacher reference, or as a teacher-directed resource for Grades 4 to 6. At Grade 7, it would be suitable as a student resource.

System Requirements: Pentium processor; Windows 95/98; sound card.

Suggested Use: Grade 4; Grade 5; Grade 6; Grade 7
Grade Group: K-8
Student - Depth; Teacher Reference
GLO 1: Alternative Pursuits
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
Date Recommended: 2002-May-01

Whether in, on, or around Water: Safety before Fun Series: Water Smart / Aqua Bon Elementary Grades 3 - 4 (Print-Integrated Resource). (Whether in, on, or around Water: Safety before Fun Series). Societe de Sauvetage (LIFE). 2001. 15 minutes.

This video identifies water safety rules, water hazards, and practices related to water safety activities for swimming and boating. It is relevant, meaningful, and appropriate for Grade 4 students.

Suggested Use: Grade 4
Grade Group: K - 4
Student - Depth
GLO 1: Alternative Pursuits
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
Date Recommended: 2002-May-01

Whether in, on, or around Water: Safety before Fun Series: Water Smart / Aqua Bon Elementary Grades 5 - 6 (Print-Integrated Resource). (Whether in, on, or around Water: Safety before Fun Series). Societe de Sauvetage (LIFE). 2001. 27 minutes.

This video identifies water safety rules, water hazards, and practices related to water safety activities for swimming and boating. It is relevant, meaningful, and appropriate for Grade 5 students.

Cautions: The "Alcohol, Drugs, and Boating Don't Mix" theme advocates moderation rather than abstaining from alcohol when boating. As this is theme 9, the video could easily be ended after theme 8, thus eliminating this issue if the content is considered sensitive/controversial. Depth and breadth of potentially sensitive content are to be determined at the local school/division level.

Suggested Use: Grade 5
Grade Group: 5 - 8
Student - Depth
GLO 1: Alternative Pursuits
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
Date Recommended: 2002-May-01

Zachary's Ball (Print-Picture Book). Tavares, Matt. Candlewick Press (CDS). 2000. ISBN 0-7636-0730-4.

In this American picture book (with black-and-white pencil drawings), the sights and sounds at Fenway Park amaze a young boy when he goes to his first major-league baseball game. When his father catches a foul ball something magical happens.

Comment: This resource can be used with Kindergarten to Grade 6 in integrated units related to English language arts and health topics related to Mental-Emotional Development (GLO 4).

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4
Grade Group: K – 4
Student – Depth
GLO 4: Mental-Emotional Development
GLO 4: Personal Development
GLO 4: Social Development
Date Recommended: 2004-April-26

Physical Education Resources: Kindergarten to Senior 2

Index of Titles by: GLO/Strand (GLOs 1 to 5)

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Bonnie's Fitware Task Cards: Swimming Task Cards
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GLO 1: Movement Knowledge

Adapted Physical Education and Sport
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GLO 1: Movement Knowledge (continued)

Building More Dances: Blueprints for Putting Movements Together
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Step Lively: Dances for Schools and Families (includes CD)
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Strengthening Your Physical Education Program with Innovative Fitness Strategies and Activities (Grades 6-12)
Teaching Children Physical Education: Becoming a Master Teacher (includes CD-ROM with video clips)

GLO 1: Movement Knowledge (continued)

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Teaching Rhythmic Gymnastics: A Developmentally Appropriate Approach
Walking Games and Activities

GLO 1: Movement Skills

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GLO 1: Movement Skills (continued)

Premier's Sport Award Program: Disc Sports: Teaching the Basics Resource Manual
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Run, Jump, Throw…and Away We Go!

GLO 2: Fitness Management Skills (continued)

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GLO 3: Physical Activity Risk Management

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Bonnie's Fitware Task Cards: Bone Task Cards
Bonnie's Fitware Task Cards: Fitness Task Cards
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Bonnie's Fitware Task Cards: Fitness Task Cards: Module 4: Partner Strength Activities
Bonnie's Fitware Task Cards: Fitness Task Cards: Module 5: Weight Training
Bonnie's Fitware Task Cards: Long Rope Task Cards
Bonnie's Fitware Task Cards: Short Rope Task Cards
Bonnie's Fitware Task Cards: Swimming Task Cards
First Aid: Pocket Guide to Emergency First Aid
FITNESSGRAM® 6.0 Test Kit

Student - Breadth and Depth

Exercise Science: Foundations of Exercise Science: Studying Human Movement and Health (Student Edition)
Personal Fitness: Looking Good—Feeling Good (Student Edition)

Student - Depth

Amazing Women Athletes
Ballerinas Don't Wear Glasses
Bobbie Rosenfeld: The Olympian Who Could Do Everything
Chuck in the City
FitFocus: Health and Physical Activity Analysis Software
Franklin Forgets
Franklin's Bicycle Helmet
Let the Games Begin!
Sports in Action: Baseball in Action
Sports in Action: Basketball in Action
Sports in Action: Hockey in Action
Sports in Action: Soccer in Action
Sports in Action: Volleyball in Action
Treasure for Lunch
Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 3 Teaching Guide
Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 4 Teaching Guide

Student – Depth (continued)

Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 5 Teaching Guide
Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 6 Teaching Guide
Whether in, on, or around Water: Safety before Fun Series: Info Marine: Safety before Fun (CD-ROM)
Whether in, on, or around Water: Safety before Fun Series: Water Smart / Aqua Bon Elementary Grades 3 - 4
Whether in, on, or around Water: Safety before Fun Series: Water Smart / Aqua Bon Elementary Grades 5 - 6
Zachary's Ball

Teacher Reference

Adapted Physical Education and Sport
Assessment Strategies for Elementary Physical Education
Best New Games
Bonnie's Fitware Task Cards: Ball Exercises
Bonnie's Fitware Task Cards: Elementary Ball Handling
Bonnie's Fitware Task Cards: Fitness Task Cards: Module 5: Weight Training
Bonnie's Fitware Task Cards: Food Card Challenge
Bonnie's Fitware Task Cards: High School Standards-Based Golf Unit
Bonnie's Fitware Task Cards: Individual Stunts
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Bonnie's Fitware Task Cards: Middle School Standards-Based Task Cards: Grade 8 (CD-ROM)
Bonnie's Fitware Task Cards: Problem Solving Activities
Bonnie's Fitware Task Cards: Short Rope Task Cards
Bonnie's Fitware Task Cards: Swimming Task Cards
Building More Dances: Blueprints for Putting Movements Together
Changing Kids' Games
Complete Physical Education Plans for Grades 7-12 (contains CD-ROM)
Cooperative Learning in Physical Education
Eat Well and Keep Moving: An Interdisciplinary Curriculum for Teaching Upper Elementary School Nutrition and Physical Activity (includes CD-ROM)
Exercise Science: Studying Human Movement and Health: Graphic Package (CD-ROM)
Exercise Science: Studying Human Movement and Health: Teacher's Guide
First Aid: First on the Scene: The Complete Guide to First Aid and CPR
First Aid: Pocket Guide to Emergency First Aid
FitFocus: Health and Physical Activity Analysis Software
Fitness Education for Children: A Team Approach
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Game On!
Game Skills: A Fun Approach to Learning Sport Skills
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Movement ABCs: An Inclusive Guide to Stimulating Language Development
Moving with a Purpose: Developing Programs for Preschoolers of All Abilities
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Multicultural Games
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Ontario Health and Physical Education Curriculum Support: Grade 10 Supplement
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Teacher Reference (continued)

Ontario Health and Physical Education Curriculum Support: Grade 6
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Ontario Health and Physical Education Curriculum Support: Grade 9-10 Supplement
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Perpetual Motion: Creative Movement Exercises for Dance and Dramatic Arts
Personal Fitness: Looking Good—Feeling Good: Teacher Edition
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Premier's Sport Award Program: Orienteering: Teaching the Basics Resource Manual
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Teacher Reference/Professional Development

Bonnie's Fitware Task Cards: Band-Based Exercises
Bonnie's Fitware Task Cards: Basic Skills Task Cards
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Teacher Reference/Professional Development (continued)

Bonnie's Fitware Task Cards: Fitness Task Cards
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Children Moving: A Reflective Approach to Teaching Physical Education
Co-Ed Recreational Games
High School Healthy Hearts in the Zone: A Heart Rate Monitoring Program for Lifelong Fitness
Kinetic Anatomy
Learning by Choice in Secondary Physical Education: Creating a Goal-Directed Program
Pedometer Power: 67 Lessons for K-12
Performance-Based Assessment for Middle and High School Physical Education
Physical Activities for Improving Children's Learning and Behavior: A Guide to Sensory Motor Development
Physical Education Methods for Elementary Teachers
Physical Education Tips from the Trenches
Play Practice: The Games Approach to Teaching and Coaching Sports
Teaching Middle School Physical Education: A Standards-Based Approach for Grades 5-8
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Exercise Science: Studying Human Movement and Health: Graphic Package (CD-ROM)

Computer Software

FitFocus: Health and Physical Activity Analysis Software

Flash Card

Bonnie's Fitware Task Cards
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Kit

FITNESSGRAM® 6.0 Test Kit

Print-Integrated Resource (Multi-Component)

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Exercise Science: Studying Human Movement and Health: Teacher's Guide
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Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 4 Teaching Guide
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Warming Up and Cooling Down: Practical Ideas for Ensuring a Fun and Beneficial Exercise Experience

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Chuck in the City
Franklin Forgets
Franklin's Bicycle Helmet
Let the Games Begin!
Ontario Health and Physical Education Curriculum Support: Grade 2
Treasure for Lunch
Zachary's Ball

Health Education Resources: Kindergarten to Senior 2 (2002-2004)

Health Education Resources: Kindergarten to Senior 2

Titles and Annotations

Please Note:

- The title of each **stand-alone resource** appears in **green type**.
- The title of each **multi-component resource** appears in **blue type** (with individual components shown in black type).
- The **Date Recommended** heading for each annotation identifies the year that a given resource was selected, with **the latest additions identified in red bold face type.**

Acting Peace: A High School Violence Prevention Educational Resource and Tool Kit (Print-Non-Fiction). YMCA-YWCA of Winnipeg (YMCA), 2001. 138 p.

This resource challenges students' attitudes towards and tolerance of violence around them. It consists of a binder and a video:

- The binder of print materials contains detailed lessons, followed by several activity options that initiate critical thinking, group discussion, role-playing, personal reflection, and sharing of values, beliefs, and ideas regarding issues associated with violence.
- The 14-minute video was filmed in Manitoba schools. Sequencing in the video allows for appropriate contextual pauses for instructional purposes. The sound and pictures are clear and appropriate.

This educational resource can be implemented in the classroom or used by a school task force to promote self-awareness and open discussion regarding violence-related issues. It encourages participation at all school levels, from students to administration. Aboriginal culture is prominent throughout.

Cautions: References to religion in some activities could be sensitive for some students. Issues related to physical violence should be treated with sensitivity. To appreciate the full impact of this resource, teachers would benefit from reading the complete document before using all or part of it.

Suggested Use: Senior 1; Senior 2
Teacher Reference
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
Date Recommended: 2003-May-01

Adapted Physical Education and Sport. Third Edition (Print-Non-Fiction). Winnick, Joseph P., Editor. Human Kinetics Publishers, Inc. (HKB), 2000. 490 p. ISBN 0-7360-3324-6.

This comprehensive resource provides clear and concise information for classroom teachers, resource teachers, and physical educators who interact with students requiring adaptations to physical education programming, including students with injuries, behaviour problems, special needs, and so on. This text offers practical suggestions for physical education and sports activities, with specific activity modifications and variations for students who require adapted physical education. It also addresses topics such as educational implications associated with disabilities, individual education plans (IEPs), measurement and assessment, and behaviour management.

This resource contains the following sections, which are further organized into chapters:

- Foundational Topics (e.g., program organization, behaviour management, and IEPs)
- Individuals with Unique Needs (e.g., ranging from amputations to spinal cord disabilities, behavioural disorders, and visual impairments)
- Developmental Considerations (e.g., motor development and adapted programs for children)
- Adapted Activities and Sports for Individuals with Unique Needs (e.g., physical fitness, rhythm, and dance, and a range of individual and team sports)

Each chapter begins with an index outlining the relevant information regarding disabilities and practical instructional strategies. At the end of the book, there is a subject index, as well as a comprehensive list of references, resources, and sport organizations. Overall, this hardcover resource is well laid out, has clear headings, and makes effective use of graphics.

This resource promotes respect for diversity and inclusion and shows thoughtfulness and consideration in dealing with the subject matter. Background information on HIV/AIDS, fetal alcohol syndrome/effects (FAS/FAE), and substance use and abuse is included for teacher use.

Cautions: Although this resource is based on American content and statistics, the information is accurate regardless of the country of origin. Chapter 8 contains outdated terminology (e.g., table 8.1, p. 113). Some American terms and definitions (e.g., mental retardation) may not be consistent with Manitoba usage. The resource also addresses potentially sensitive issues such as HIV/AIDS and FAS/FAE. Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4; Grade 5; Grade 6; Grade 7; Grade 8; Senior 1; Senior 2
Grade Group: K – 8
Teacher Reference; Parent - Support; Students with Special Needs
GLO 1: Alternative Pursuits
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
Date Recommended: 2004-April-26

Amazing Women Athletes (Print-Non-Fiction). Bryant, Jill. (The Women's Hall of Fame series). Second Story Press (UTP), 2001. 75 p. ISBN 1-896764-44-4.

This book looks closely at 10 international female athletes: Annie Smith Peck, Bobbie Rosenfeld, Sandra Schmirler, Julie Krone, Chantal Petitclerc, Cathy Freeman, Chen Lu, Hayley Wickenheiser, and Venus and Serena Williams. Each chapter tells the story of one athlete striving to achieve her dreams. Sources provided at the back of the softcover book include websites and other references about the athletes.

Suggested Use: Grade 5; Grade 6; Grade 7; Grade 8; Senior 1; Senior 2
Grade Group: 5 – 8
Student – Depth
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
Date Recommended: 2004-April-26

The Anger Workout Book for Teens (Print-Non-Fiction). Stewart, Jan. Bookworks (bwork), 2002. 102 p. ISBN 1-931061-13-0.

This in-depth Canadian resource focuses on anger management, conflict resolution, and violence prevention. It uses a unique approach of applying sport analogies and sport-related terms such as coaching tips and warm-up, workout, cool-down, and breakaway sections to parallel the coaching/workout theme. Through a variety of activities, this book addresses the causes of anger, responsibilities, ways of expressing anger, and conflict-resolution strategies. It promotes an individualized or personal approach to analyzing one's own response to anger. Definitions of terms are provided throughout the text.

This workbook with black and white graphics contains several reproducible worksheets that can readily be used for classroom, small group, or individual lessons.

Cautions: Although the term "workout" is in the title, suggestions for physical activity/sports are not provided.

Suggested Use: Grade 5; Grade 6; Grade 7; Grade 8; Senior 1
Grade Group: 5 – 8

Teacher Reference
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
Date Recommended: 2002-May-01
Date Recommended: 2003-May-01

Ballerinas Don't Wear Glasses (Print-Picture Book). Manson, Ainslie, et al. Orca Book Publishers Ltd. (ORC), 2000. ISBN 1-55143-176-9.

In this well-illustrated Canadian picture book, a reluctant older brother has to take care of his sister and help her prepare to be a ballerina in a school play, which interferes with his activities.

Comment: This resource is suitable for integration with English language arts.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4
Grade Group: K – 4
Student – Depth
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
Date Recommended: 2004-April-26

Beyond the Basics: A Sourcebook on Sexual and Reproductive Health Education (Print-Non-Fiction). Planned Parenthood Federation of Canada (PPF), 2001. 385 p. ISBN 0-9688118-0-9.

This comprehensive teacher resource on sexual and reproductive health is divided into three levels: Level I for Grade 5, Level II for Grade 7, and Level III for Senior 1 and Senior 2. It contains extensive materials, ideas, and strategies for developing and implementing units on human sexuality and HIV/AIDS, using the "abstinence plus" approach. The topics addressed include: values and sexuality, puberty and reproductive health, self-esteem, sexual identity, relationships, communication and decision making, contraception and safer sex, and sexually transmitted infections (STIs) and human immunodeficiency virus (HIV). This clearly written and well-organized handbook treats topics with sensitivity, acknowledges and respects differences in societal values, and is free of bias towards sexual orientation and gender stereotypes. Accommodating a variety of learning styles, the activities in this handbook are relevant, age-appropriate, and of interest to adolescents. The resource also contains blackline masters, appendices, a glossary, and teacher resources.

Cautions: Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.

Suggested Use: Grade 5; Grade 7; Senior 1; Senior 2
Grade Group: 5 – 8
Teacher Reference
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Human Sexuality
GLO 5: Personal Health Practices
Date Recommended: 2003-May-01

Bobbie Rosenfeld: The Olympian Who Could Do Everything (Print-Non-Fiction). Dublin, Anne. Second Story Press (UTP), 2004. 148 p. ISBN 1-896764-82-7.

This book is a biography of Bobbie Rosenfeld, an all-around female athlete who competed in the 1928 Olympic Games track and field, the first time women were allowed to compete. She was one of the first athletes to be honoured in the Canada's Sports Hall of Fame. The history of female sport, including gender discrimination, is explained as part of Bobbie Rosenfeld's story. Pictures and newspaper clippings are included in this softcover book.

Suggested Use: Grade 5; Grade 6; Grade 7; Grade 8; Senior 1; Senior 2
Grade Group: 5 – 8
Student – Depth
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
Date Recommended: 2004-April-26

Bonnie's Fitware Task Cards: Food Card Challenge (Flash Card). Mohnsen, Bonnie S. Bonnie's Fitware, Inc. (BonFit), 2002. 50 cards.

In this set of task cards, 40 cards feature an illustration of a food on one side and the number of calories contained in the food on the other side, and 10 cards contain information on calorie expenditure.

Cautions: This resource uses American measurements.

Suggested Use: Grade 6; Grade 8
Grade Group: 5 – 8
Teacher Reference
GLO 5: Nutrition
Date Recommended: 2003-May-01

A Book about Me: A Fun Way to Learn (Print-Non-Fiction). Telephone Pioneers of America. Telephone Pioneers of America (TPA), 2000. 30 p.

This student storybook focuses on Personal and Social Management (GLO 4) for Grade 1 to enhance students' self-concept through reading development. A separate Curriculum Planner guides teachers through the seven units, covering one unit per week. Each page of the storybook is accompanied by a brightly coloured illustration. Due to its size, the storybook is best used on an individual basis rather than as a "class read." This hardcover book can be personalized by inserting the child's name in the text and would be ideal for parent use.

Cautions: To make best use of the instructional design, the Curriculum Planner should accompany the storybook.

Suggested Use: Grade 1
Grade Group: K - 4
Student - Depth
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
Date Recommended: 2002-May-01

A Book about Me: A Fun Way to Learn: Curriculum Planner (Print-Non-Fiction). Telephone Pioneers of America. Telephone Pioneers of America (TPA), 2000. 42 p.

This Curriculum Planner supports the storybook *A Book about Me: A Fun Way to Learn*, which focuses on Personal and Social Management (GLO 4) for Grade 1 to enhance students' self-concept through reading development. The teacher resource contains seven units:

- Unit 1: Responsible and Listen
- Unit 2: Exercise and Make Good Choices
- Unit 3: Share and Follow Rules
- Unit 4: Help and Nice and Polite
- Unit 5: Create
- Unit 6: Count and Practice
- Unit 7: Read

The planner guides teachers through the seven units, covering one unit per week. Each unit includes objectives, lesson themes, meaningful student activities, and suggested parent/guardian activities, as well as pictorial blackline masters. This resource integrates well with English language arts, particularly in the area of learning to read.

Cautions: To make best use of the instructional design, the softcover Curriculum Planner should accompany the student storybook.

Suggested Use: Grade 1
Grade Group: K - 4
Teacher Reference; Parent - Support
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
Date Recommended: 2002-May-01

The c.a.r.e. Kit (Challenge Abuse through Respect Education) (Kit). Canadian Red Cross (CRCMB), 2002.

The c.a.r.e. Kit (Challenge Abuse through Respect Education) is a revision of the original CARE Kit (Child Abuse Research and Education). The c.a.r.e. Kit includes concrete safety rules and steps and provides a variety of learning tools and strategies (i.e., a hand puppet, an audiotape of songs, a student book, discussion cards) to promote children's personal safety. The large discussion cards use appealing and culturally sensitive illustrations, each card clearly outlining the expected outcomes, a storyline (on the back), and questions to lead class discussions.

The kit addresses the private parts of the body, and distinguishes between appropriate and inappropriate behaviour, using a sensitive, respectful, and preventative approach. Due to the sensitive content, the kit includes a section on informing parents/guardians.

The Teacher Resource Guide is also provided on CD.

Cautions: Depth and breadth of potentially sensitive content are to be determined at the local school/division level. Training is available through the Canadian Red Cross to support this resource, if desired.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3
Grade Group: K - 4;
Student - Depth
Teacher Reference
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
Date Recommended: 2002-May-01

The Canadian Babysitter's Handbook (Print-Non-Fiction). St. John Ambulance (LIFE), 1995. 88 p. ISBN 0-394-22481-7.

This Canadian resource, produced by St. John Ambulance, addresses all aspects of babysitting. Using a clear, step-by-step approach, with inclusive colour photographs, this student/teacher/parent handbook addresses topics such as becoming a babysitter, caring for children, keeping children safe, handling emergencies, and performing basic first aid. In addition, the hardcover, coil-bound handbook offers problem-solving tips and constructive advice. It also gives a brief overview of the responsibilities of parents of the child.

Cautions: Some content/topics, such as diaper changing and toilet training, may be considered potentially sensitive.

Suggested Use: Grade 6; Grade 7; Grade 8
Grade Group: 5 - 8
Student - Breadth and Depth
Teacher Reference; Parent - Support
GLO 3: Safety of Self and Others
GLO 4: Personal and Social Management Skills
Date Recommended: 2002-May-01

Character Education: 43 Fitness Activities for Community Building (Print-Non-Fiction). Glover, Donald R. Human Kinetics Publishers, Inc. (HKB), 2003. 241 p. ISBN 0-7360-4504-X.

This unique resource is designed to help students develop personal and social management skills and build self-esteem and a sense of community within a physical education setting. In addition to presenting information on brain research related to physical education and competition, this resource provides "motivator" activities, team-building activities, and portfolio-assessment ideas. Team challenge cards are supplied in the appendix as blackline masters.

Suggested Use: Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: 5 - 8
Teacher Reference/Professional Development
Date Recommended: 2003-May-01

Chlamydia (CD-ROM). TiriMedisc (TIRI), 2002.

This Canadian resource provides detailed factual information about chlamydia and the possible consequences of an untreated infection. It presents a series of labelled, coloured diagrams/slides about chlamydia, each accompanied by information in text format.

This resource contains a teacher/parent booklet, a CD-ROM, and screen prints of the CD-ROM slides, presenting information on chlamydia. The teacher/parent booklet contains additional notes not provided in the screen prints and the CD-ROM.

Cautions: This resource deals with sexually transmitted infections (STI). Due to the depth of the content, teachers may wish to review the resource to determine its appropriateness for student use. Depth and breadth of potentially sensitive content are to be determined at the local school/division level.

System Requirements: The program on CD-ROM can run directly from the disk, and does not require installation. Windows 95/98/ME/NT/XP.

Suggested Use: Grade 7
Grade Group: 5 - 8
Student - Depth; Teacher Reference; Parent - Support
GLO 5: Personal Health Practices
GLO 5. Human Sexuality
Date Recommended: 2002-May-01

Choices... F.I.T. (Fostering Independent Thinking)—A Substance Abuse Prevention Resource for Teachers Grades 4-8 (Print-Non-Fiction). Lane, Kathryn. Alcohol and Drug Concerns, Inc. (ADCI), 2000. 106 p. ISBN 0-921583-10-9.

This resource contains current, accurate, and clearly presented information for making personal decisions in relation to substance use and abuse. It includes extensive material about useful and harmful substances. The softcover, three-hole punched resource includes lesson plans, blackline masters, and a variety of assessment tools and strategies. Graphics are not included.

Cautions: This resource includes content related to substance use and abuse prevention and illegal drugs. Depth and breadth of potentially sensitive content are to be determined at the local school/division level for Grades 5 and 7.

Suggested Use: Grade 5; Grade 7
Grade Group: 5 - 8
Teacher Reference
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Personal and Social Management Skills
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2002-May-01

Chuck in the City (Print-Picture Book). Wheeler, Jordan. Theytus Books Ltd. (UTP), 2000. 14 p. ISBN 0-919441-63-7.

In this Canadian picture book with rhyming text, an Aboriginal boy becomes lost on his first trip to the city. He encounters many new things that an urban setting has to offer and uses problem-solving skills in finding help.

Comment: This resource is suitable for integration with English language arts.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4
Grade Group: K – 4
Student – Depth
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
Date Recommended: 2004-April-26

Citizenship and Personal, Social and Health Education (Print-Integrated Resource). Haydon, Deena. (Citizenship and Personal, Social and Health Education). Bacon & Hughes Limited (BHU).

The Citizenship and Personal, Social and Health Education (PSHE) resources address many of the health-related learning outcomes in the Manitoba curriculum. They focus on the following topics: personal development, citizenship, lifestyle (making healthy lifestyle choices), and relationships.

The Citizenship and PSHE resources recommended for use in Manitoba consist of student and teacher resources for Grades 2 to 5:
- Book 1 (Pupil Book—Grade 2)
- Teachers' Resource Book 1 (Grade 2)
- Book 2 (Pupil Book—Grade 3)
- Teachers' Resource Book 2 (Grade 3)
- Book 3 (Pupil Book—Grade 4)
- Teachers' Resource Book 3 (Grade 4)
- Book 4 (Pupil Book—Grade 5)
- Teachers' Resource Book 4 (Grade 5)

The softcover Pupil Books contain lessons that begin with colour illustrations and suggested questions for discussion on individual topics. The coil-bound, softcover Teachers' Resource Books provide background information, ideas for introducing and developing individual topics, and blackline masters. Parental, family, and community involvement is promoted throughout.

For specific information and cautions related to the recommended resources, please refer to the individual annotations.

Date Recommended: 2002-May-01

Citizenship and Personal, Social and Health Education Book 1 (Pupil Book - Grade 2) (Print-Integrated Resource). Haydon, Deena. (Citizenship and Personal, Social and Health Education). Folens Publishing Limited (BHU), 2000. 48 p. ISBN 1-84163-857-9.

This student resource focuses on developing citizenship as an individual, as part of a family, and as a community. It contains a rich variety of current, colourful, and inclusive visuals and graphics (including cartoons) appropriate for Grade 2 students. Symbols are used to provide an "at-a-glance" guide to differentiated learning activities (i.e., discussing, investigating, writing, drawing, viewing, and thinking and reasoning). Some British vocabulary (e.g., Mum, carer, cough mixture) and geographical references are used.

Cautions: Students may have difficulty with the reading level of the Pupil Book. However, the pictures and graphics guide most activities, and the text could be read aloud to students. The information on harmful/helpful substances included in the text does not align with the Manitoba curriculum for Grade 2. It aligns with the Grades 3 and 5 learning outcomes on Substance Use and Abuse Prevention. Illustrations and print text are British-based.

Suggested Use: Grade 2
Grade Group: K - 8
Student - Depth
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Personal and Social Management Skills
Date Recommended: 2002-May-01

Citizenship and Personal, Social and Health Education Book 2 (Pupil Book - Grade 3) (Print-Integrated Resource). Haydon, Deena. (Citizenship and Personal, Social and Health Education). Folens Publishing Limited (BHU), 2000. 48 p. ISBN 1-84163-858-7.

This student resource focuses on developing citizenship as an individual, as part of a family, and as a community. It contains a rich variety of current, colourful, and inclusive visuals and graphics (including cartoons) appropriate for Grade 3 students. Symbols are used to provide an "at-a-glance" guide to differentiated learning activities (i.e., discussing, investigating, writing, drawing, viewing, and thinking and reasoning). Some British vocabulary (e.g., carer, suppleness) is used.

Cautions: This resource includes pictures and/or text on human reproduction and personal safety. The human sexuality lessons address the topics "How Babies Develop" and "Growing and Changing," which are in the Manitoba curriculum for Grade 2. Human sexuality is not addressed in the Manitoba curriculum for Grade 3. The breadth and depth of potentially sensitive content are to be determined at the local school/division level. Illustrations and print text are British-based.

Suggested Use: Grade 3
Grade Group: K - 8
Student - Depth
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
Date Recommended: 2002-May-01

Citizenship and Personal, Social and Health Education Book 3 (Pupil Book - Grade 4) (Print-Integrated Resource). Haydon, Deena. (Citizenship and Personal, Social and Health Education). Folens Publishing Limited (BHU), 2000. 48 p. ISBN 1-84136-859-5.

This student resource focuses on developing citizenship as an individual, as part of a family, and as a community. Each lesson begins with a current, colourful picture to which students are asked to respond in various ways. Lessons include activities that require investigating, researching, collecting information, drawing, writing, discussing, thinking, reasoning, and interpreting visual material. Blackline masters are included at the back.

The Pupil Book uses clear headings, colourful and inclusive visuals and graphics, and symbols that provide an "at-a-glance" guide. Some of the examples are specific to the British Isles (e.g., British currency).

Cautions: This resource includes potentially sensitive content and illustrations related to personal safety and substance abuse, which is not congruent with the Manitoba curriculum for Grade 4. Depth and breadth of potentially sensitive content are to be determined at the local school/division level. Pictures and language are specific to the British Isles.

Suggested Use: Grade 4
Grade Group: K - 8
Student - Depth
GLO 3: Safety of Self and Others
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2002-May-01

Citizenship and Personal, Social and Health Education Book 4 (Pupil Book - Grade 5) (Print-Integrated Resource). Haydon, Deena. (Citizenship and Personal, Social and Health Education). Folens Publishing Limited (BHU), 2000. 48 p. ISBN 1-84163-860-9.

This student resource focuses on developing citizenship as an individual, as part of a family, and as a community. Each lesson begins with a current, colourful picture to which students are asked to respond in various ways. Lessons include activities that require investigating, researching, collecting information, drawing, writing, discussing, thinking, reasoning, and interpreting visual material. Blackline masters are included at the back.

The Pupil Book uses clear headings, colourful visuals and graphics, and symbols that provide an "at-a-glance" guide. Some of the examples are specific to the British Isles (e.g., British currency).

Cautions: This resource includes potentially sensitive content and illustrations related to personal safety and human reproduction. Depth and breadth of potentially sensitive content are to be determined at the local school/division level. Pictures and language are specific to the British Isles.

Suggested Use: Grade 5
Grade Group: K - 8
Student - Depth
GLO 3: Safety of Self and Others
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Substance Use and Abuse Prevention
GLO 5: Human Sexuality
Date Recommended: 2002-May-01

Citizenship and Personal, Social and Health Education Teachers' Resource Book 1 (Grade 2) (Print-Integrated Resource). Haydon, Deena. (Citizenship and Personal, Social and Health Education). Folens Publishing Limited (BHU), 2000. 48 p. ISBN 1-84163-861-7.

The Teachers' Resource Book 1 supports the corresponding Pupil Book (purchased separately). It addresses the following topic areas, with several lessons for each topic:

- **Personal Development**—Who am I?; Similarities and Differences; Setting Targets; and The Work People Do
- **Citizenship**—Right and Wrong; Rules; Responsibilities; Communities; Caring Communities; and Our Environment
- **Lifestyle**—Growing and Changing; Dangerous Places; Harmful Materials; Help!; Safe Choices; and Things That Influence Us
- **Relationships**—Togetherness; What Is a Friend?; Other People's Feelings; Understanding Others; Arguments; Bullying; and Different Customs

The lessons in this text-oriented teacher resource are presented in a clear, consistent format, beginning with a purpose statement, followed by a Pupil Book activity, extension activities, and key issues. Some vocabulary (e.g., pupil, Mum, carer, cough mixture) and geographical references are British.

This coil-bound, black and white teacher resource contains thumbnail views of text from the Pupil Book, which are identifiable but not readable. The guide provides permission to photocopy activity pages that complement the lessons.

Cautions: The information on harmful/helpful substances included in the guide does not align with the Manitoba curriculum for Grade 2. It aligns with the Grades 3 and 5 learning outcomes on Substance Use and Abuse Prevention. Illustrations and print text are British-based.

Suggested Use: Grade 2
Grade Group: K - 8
Teacher Reference
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Personal and Social Management Skills
Date Recommended: 2002-May-01

Citizenship and Personal, Social and Health Education Teachers' Resource Book 2 (Grade 3) (Print-Integrated Resource). Haydon, Deena. (Citizenship and Personal, Social and Health Education). Folens Publishing Limited (BHU), 2000. 52 p. ISBN 1-84163-862-5.

The Teachers' Resource Book 2 supports the corresponding Pupil Book (purchased separately). It addresses the following topic areas, with several lessons for each topic:

- **Personal Development**—Different Feelings; What Makes Me Feel This Way?; Points of View; and I Can Do It!
- **Citizenship**—Talking about Issues; Doing the Right Thing; Making Decisions; Consequences; Making Difficult Decisions; and Taking Part
- **Lifestyle**—Growing and Changing; New Baby; Leisure and Work; Exercise; Coping with Stress; Personal Safety; and Influences
- **Relationships**—Changing Friendships; Family Fall-outs; Stereotypes; Challenging Stereotypes; and Secrets

The lessons in this text-oriented teacher resource are presented in a clear, consistent format, beginning with a purpose, followed by a Pupil Book activity, extension activities, and key issues. Some vocabulary (e.g., carer, suppleness) is British.

This coil-bound, black and white teacher resource contains thumbnail views of text from the Pupil Book, which are identifiable but not readable. The guide provides permission to photocopy activity pages that complement the lessons.

Cautions: The human sexuality lessons address the topics "How Babies Develop" and "Growing and Changing," which are in the Manitoba curriculum for Grade 2. Human sexuality is not addressed in Grade 3 in Manitoba. The depth and breadth of potentially sensitive content are to be determined at the local school/division level. Illustrations and print text are British-based.

Suggested Use: Grade 3
Grade Group: K - 8
Teacher Reference
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
Date Recommended: 2002-May-01

Citizenship and Personal, Social and Health Education Teachers' Resource Book 3. (Grade 4) (Print-Integrated Resource). Haydon, Deena. (Citizenship and Personal, Social and Health Education). Folens Publishing Limited (BHU), 2000. 56 p. ISBN 1-84163-863-3.

The Teachers' Resource Book 3 supports the corresponding Pupil Book (purchased separately). It addresses the following topic areas, with several lessons for each topic:

- **Personal Development**—Personal Qualities; Resolutions; Learning from Mistakes; A to Z of Feelings; and Emotions and Actions
- **Citizenship**—Right and Wrong; Antisocial Behaviour; Responsibilities in the Family; Responsibilities in School; Services; Local Democracy; and Debating Environmental Issues
- **Lifestyle**—Clean Choices; Harmful Substances; Unsafe Places; Playing Safe; Weighing It Up; and Emergency
- **Relationships**—Liking and Loving; Prejudice; Teasing and Offensive Behaviour; Respecting Others' Feelings; and People's Lives

The lessons in this text-oriented teacher resource include active learning strategies for individual writing responses, group/class discussions, investigating, researching, collecting information, drawing, writing, thinking, reasoning, and interpreting visual material. A blackline master activity sheet is included for each lesson.

This coil-bound, black and white teacher resource contains few illustrations. The headers are small and the student text inserts are hard to read.

Cautions: It is recommended that the Teachers' Resource Book accompany the Pupil Book since student text inserts are hard to read. This resource includes potentially sensitive content and illustrations related to personal safety and substance abuse, which is not congruent with the Manitoba curriculum for Grade 4. Depth and breadth of potentially sensitive content are to be determined at the local school/division level. Pictures and language are specific to the British Isles.

Suggested Use: Grade 4
Grade Group: K - 8
Teacher Reference
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2002-May-01

Citizenship and Personal, Social and Health Education Teachers' Resource Book 4 (Grade 5) (Print-Integrated Resource). Haydon, Deena. (Citizenship and Personal, Social and Health Education). Folens Publishing Limited (BHU), 2000. 52 p. ISBN 1-84163-864-1.

The Teachers' Resource Book 4 supports the corresponding Pupil Book (purchased separately). It addresses the following topic areas, with several lessons for each topic:

- **Personal Development**—Growing Independence; New School; All in a Day's Work; Points of View; and Money Matters
- **Citizenship**—Interpreting Right and Wrong; Making Rules and Laws; Rights and Responsibilities in the Community; Antisocial Behaviour; Decisions about Resources; Pressure Groups; and Making a Difference
- **Lifestyle**—Changes during Puberty; New Baby; Personal Safety; Coping with Pressure; A Healthy Mind; Drugs; and Beating the Bugs
- **Relationships**—Moving On; Resolving Differences; Dealing with Bullying; and Celebrating Variety

The lessons in this text-oriented teacher resource include active learning strategies for individual writing responses, group/class discussions, investigating, researching, collecting information, drawing, writing, thinking, reasoning, and interpreting visual material. A blackline master activity sheet is included for each lesson.

This coil-bound, black and white teacher resource contains few illustrations. The headers are small and the student text inserts are hard to read.

Cautions: It is recommended that the Teachers' Resource Book accompany the Pupil Book since student text inserts are hard to read. This resource includes potentially sensitive content and illustrations related to personal safety and human reproduction. Depth and breadth of potentially sensitive content are to be determined at the local school/division level. Pictures and language are specific to the British Isles.

Suggested Use: Grade 5
Grade Group: K - 8
Teacher Reference
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Substance Use and Abuse Prevention
GLO 5: Human Sexuality
Date Recommended: 2002-May-01

COPE for Teens (Creating Optimal Personal Experiences) (Print-Non-Fiction). McLeod, Rita. Can-Cope Training and Development (CCOPE), 2000.

This Canadian resource (consisting of a facilitator's manual and video) has been developed for young people who may be affected by social problems such as poverty, family problems, and substance abuse. It contains the following six modules:

- Why We Behave the Way We Do
- Self-Esteem
- Communication
- Coping with Conflict
- Stress and Anger Management
- Building Healthy Relationships

The facilitator's manual contains teaching notes and detailed lesson plans for each module, 40 reproducible handouts, and 32 overhead transparencies. The accompanying video is divided into sections that correspond with each module in the manual. It features several different scenarios on issues related to the topics listed, with a pause following each scenario to allow for discussion.

This resource includes a strong representation of cultural diversity, with accurate portrayals of Canadians, including First Nations people.

Cautions: This resource includes the following potentially sensitive content/topics: Module 6: Objective 4: Recognizing Violence in Relationships, Dating Violence, Cycle of Abuse. This module is more closely aligned with the Senior 1 learning outcomes identified in the Manitoba curriculum, but may be adapted for use in Grades 5 to 8. Depth and breadth of potentially sensitive content are to be determined at the local school/division level.

Suggested Use: Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: 5 - 8
Teacher Reference/Professional Development
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
Date Recommended: 2002-May-01

Discover Health Series (Print-Integrated Resource). (Discover Health Series). American Guidance Service (PSY).

The Discover Health resources recommended for use in Manitoba consist of the following:

- Student Book
- Teacher's Edition
- Audiotapes (set of eight)
- Teacher's Resource Library (CD-ROM)
- Life Skills: Human Body Transparencies

Applicable across Grades 5 to 8, the student text provides support materials that address most of the health-related learning outcomes from GLOs 3, 4, and 5 identified in the Manitoba curriculum. The student text introduces the subject area, while the teacher's resource goes into more detail, allowing for varying instruction at each grade.

Both the student text and teacher resource contain an extensive collection of information and activities organized under the following unit headings:

- Personal Health and Family Life
- Mental and Emotional Health
- Nutrition
- Use and Misuse of Substances
- Preventing and Controlling Diseases and Disorders
- Injury Prevention and Safety Promotion
- Health and Society

The Teacher's Resource Library (CD-ROM) contains a database of activity sheets and assessment tools (including answer keys) that support the Discover Health resources.

For more detailed information and cautions related to each component, please refer to the individual annotations.

Discover Health Series: Discover Health (set of 8 audiotapes) (Print-Integrated Resource). (Discover Health Series). American Guidance Service (PSY), 2000. 8 audiotapes.

These audiotapes provide a narration of the Discover Health student text to offer an alternative method of communication and to assist those students who may have reading difficulties. This resource requires the use of the student text for visuals. (See the annotation for the Discover Health Student Book.)

All material in this resource is presented in a factual manner and appropriate for the intended audience. The speaking voices are clear and well paced.

Cautions: This resource could be used for a student with a visual impairment; however, there are specific references to looking at the book illustrations. This resource is based on American content and statistics.

Suggested Use: Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: 5 - 8
Student - Breadth and Depth
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others

GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Personal Health Practices
GLO 5: Nutrition
GLO 5: Substance Use and Abuse Prevention
GLO 5: Human Sexuality
Date Recommended: 2002-May-01

Discover Health Series: Discover Health Student Book (Print-Integrated Resource). (Discover Health Series). American Guidance Service (PSY), 2000. 432 p. ISBN 0-7854-1843-1.

This student text contains an extensive collection of clearly presented and well-organized information and activities. Units consist of chapters and lessons containing goals for learning, vocabulary definitions, lesson reviews, and questions.

This resource offers activities for all learning styles, and presents material in a factual manner appropriate for the intended audience. The use of visuals, graphics, colour, and print makes this resource visually interesting, appealing, and user-friendly.

Cautions: This resource is based on American content and statistics. Content is organized by subject matter, rather than by learning outcome or grade. The text includes content related to the prevention of STIs, HIV and AIDS, and substance use and abuse (e.g., inhalants, illegal drugs), addressed in Grades 5 and 7 in the Manitoba curriculum. Depth and breadth of potentially sensitive content are to be determined at the local school/division level.

Suggested Use: Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: 5 - 8
Student - Breadth and Depth
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Personal Health Practices
GLO 5: Nutrition
GLO 5: Substance Use and Abuse Prevention
GLO 5: Human Sexuality
Date Recommended: 2002-May-01

Discover Health Series: Discover Health Teacher's Edition (Print-Integrated Resource). (Discover Health Series). American Guidance Service (PSY), 2000. 443 p. ISBN 0-7854-1844-X.

This comprehensive teacher resource is organized in chapters, each containing lesson plans that include an overview, objectives, and numerous activities to support and enhance the information presented. In addition, each lesson contains supplementary teaching suggestions such as global connections, applications in the family and community, and a list of suggested support resources. Additional components include workbook activities, study guides, chapter mastery tests, unit mastery tests, and answer keys.

The material in this resource is well-organized and clearly presented, and is reflective of all learning approaches. The use of visuals, graphics, colour, and print makes this resource visually interesting, appealing, and user-friendly.

Cautions: This resource is based on American content and statistics. Content is organized by subject matter, rather than by learning outcome or grade. This resource includes content related to the prevention of STIs, HIV and AIDS, and substance use and abuse (e.g., inhalants, illegal drugs), addressed in Grades 5 and 7 in the Manitoba curriculum. Depth and breadth of potentially sensitive content are to be determined at the local school/division level.

Suggested Use: Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: 5 - 8
Teacher Reference
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Personal Health Practices
GLO 5: Nutrition
GLO 5: Substance Use and Abuse Prevention

GLO 5: Human Sexuality
Date Recommended: 2002-May-01

Discover Health Series: Life Skills: Human Body Transparencies (Transparencies). (Discover Health Series). American Guidance Service (PSY), 1999. :6 p. ISBN 0-7854-1870-9.

This resource consists of a set of clear, well-organized, and visually appealing colour transparencies of the body and its systems. It includes individual transparencies of the skeletal, muscular, nervous, respiratory, circulatory, endocrine, reproductive, and excretory systems, as well as the alimentary canal, the digestive organs, the skin structure, and the heart, brain, eye, ear, and tongue.

The diagram transparencies could be used across Grades 5 to 8 (where applicable) related to physical education/health education and science curricula. They are appropriate for the intended audience.

Cautions: The transparency of the reproductive system is more in-depth than may be required.

Suggested Use: Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: 5 - 8
Teacher Reference
GLO 2: Fitness Management Skills
GLO 5: Personal Health Practices
GLO 5: Human Sexuality
Date Recommended: 2002-May-01

Discover Health Series: Teacher's Resource Library (CD-ROM) (Print-Integrated Resource). (Discover Health Series). American Guidance Service (PSY), 1999. ISBN 0-7854-1845-8.

Supporting the Discover Health teacher and student resources, this CD-ROM provides a series of clear and well-organized reproducible blackline masters, reproducible worksheets, quizzes, and answer keys. The menu is organized by topic/component, unit, chapter, and lesson.

This resource is organized in a logical and consistent format and is appropriate for student use.

Cautions: This is not a Canadian resource. The CD-ROM includes content related to the prevention of STIs, HIV and AIDS, and substance use and abuse (e.g., inhalants, illegal drugs), applicable to Grades 5 and 7 learning outcomes in the Manitoba curriculum. Depth and breadth of potentially sensitive content are to be determined at the local school/division level.

System Requirements: Macintosh and Windows format available. Hardware requirements: 64 MB of RAM, 24 MB of available hard-disk space. Data is in Adobe format for printing.

Suggested Use: Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: 5 - 8
Teacher Reference
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Personal Health Practices
GLO 5: Nutrition
GLO 5: Substance Use and Abuse Prevention
GLO 5: Human Sexuality
Date Recommended: 2002-May-01

Drug-Affected Demonstrator (Kit). Realityworks, Inc. (TPU), 2001. Version 1.0. ISBN 00000101.

This effective in-class demonstration tool shows how drug use during pregnancy can affect an infant. The demonstrator (a life-size mannequin of a drug-affected infant) is available in two different skin tones. Items provided with the drug-affected demonstrator include an instructor's handbook, a cloth diaper, a receiving blanket, and four AA batteries. The 14-page handbook consists of instructions for the demonstrator, discussion notes and topics, and a student fact sheet. This well-designed resource is easy for the instructor to use and promotes classroom discussion.

Cautions: The statistics quoted are American-based. Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.

Suggested Use: Senior 1; Senior 2
Teacher Reference
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2003-May-01

Eat Well and Keep Moving: An Interdisciplinary Curriculum for Teaching Upper Elementary School Nutrition and Physical Activity (includes CD-ROM) (Print-Non-Fiction). Cheung, Lilian W.Y., Gortmaker, Steven L., and Dart, Hank. Human Kinetics Publishers, Inc. (HKB), 2002. 481 p. ISBN 0-7360-3096-4.

This resource helps students gain knowledge and skills for leading an active healthy lifestyle and making well-balanced nutritional choices. Promoting a comprehensive and school-based approach, this resource provides suggestions related to all aspects of the learning environment, including classroom, gymnasium, home, community, and lunchroom activities, which are easy to follow and implement. The CD-ROM contains in-depth support materials for training teachers or community members, as well as lesson plans and blackline masters that can be edited/customized as needed.

Cautions: This American-based resource uses the Food Pyramid and American measurements; however, the charts are easy to adapt to metric.

System Requirements: IBM PC compatible with Pentium processor, Windows 9.x/NT 4.0, Adobe Acrobat Reader (included), Microsoft Word 97 or higher, at least 16 MB RAM with 24 MB recommended for NT, 2x CD-ROM drive, 20 MB hard drive space, printer (optional), 256 colours, VGA colour monitor, mouse.

Suggested Use: Grade 4; Grade 5
Grade Group: K – 4
Grade Group: 5 - 8
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 4: Personal Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
Date Recommended: 2003-May-01

The Esteem Theme Game (Game). The Esteem Theme Company (EST), 2001.

This Canadian-developed board game includes sets of question cards related to issues such as body image, bullying, differences (e.g., physical, cultural, socio-economic), honesty, peer pressure, and drugs. The game is easy to play and encourages group interaction, participation, and cooperation, as well as active listening skills. Groups work cooperatively in responding to the questions, which address diverse beliefs and customs, use age-appropriate language, and stimulate discussion. While the game is designed to be used in a small-group setting (with five or six players), it can also be used by individual players.

The resource contains a board game (packaged in a wooden box), game cards and tokens, and a pamphlet describing game objectives and procedures. No teacher background information related to the questions is included.

Cautions: Questions need to be previewed for appropriate use in the classroom. While the game can easily be played without detailed instructions, educators need to pre-teach concepts and terminology before the game is used. Discussion emerging from the questions would need to be highly monitored/facilitated by the teacher.

Suggested Use: Grade 5; Grade 6; Grade 7; Grade 8; Senior 1; Senior 2
Grade Group: 5 – 8
Student - Breadth and Depth; Teacher Reference
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Exercise Science: Studying Human Movement and Health. First Edition (Print-Integrated Resource). (Exercise Science: Studying Human Movement and Health). Sport Books Publisher (SBP).

This comprehensive set of current Canadian resources focuses on the study of exercise science, including anatomy, physiology, biomechanics, motor learning and control, and sport psychology. The resources in the package

(Student Edition, Teacher's Guide, and Graphic Package [CD-ROM]) include diverse cultural representations in pictures and diagrams. The text is gender-balanced, features Canadian athletes, and includes dynamic, colourful illustrations, graphics, and charts. Assessment content in the teacher and student resources is consistent with the recommendations in *Guidelines for Fitness Assessment in Manitoba Schools: A Resource for Physical Education/ Health Education* (Manitoba Education, Citizenship and Youth, 2004).

There is a strong match between these resources and the Manitoba curriculum, particularly GLOs 1, 2, and 5.

Cautions: All three resources contain information on substance use and abuse, drugs in sport, and sexual orientation. Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.

Date Recommended: 2004-April-26

Exercise Science: Foundations of Exercise Science: Studying Human Movement and Health (Student Edition). First Edition (Print-Integrated Resource). Klavora, Peter. (Exercise Science: Studying Human Movement and Health). Sport Books Publisher (SBP), 2004. 585 p. ISBN 0-920905-84-6.

This hardcover student text (printed on sturdy glossy stock) contains the following five units:

- Human Movement
- Human Performance
- Motor Development
- Physical Activity and Sport in Society
- Beyond the Gym Class

These units are divided into 23 chapters that address various topics and include dynamic, colourful illustrations, photographs, and charts. Each chapter starts with an overview and student outcomes, followed by a summary, key terms, and discussion questions to aid student learning. The index and glossary in the student text are limited.

Suggested Use: Senior 1; Senior 2
Student - Breadth and Depth
GLO 1: Movement Knowledge
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Exercise Science: Studying Human Movement and Health: Graphic Package (CD-ROM). First Edition (CD-ROM). (Exercise Science). Sport Books Publisher (SBP), 2004.

The PowerPoint presentations on this CD-ROM are congruent with, and serve as a summary for, the 23 chapters in the Teacher's Guide and Student Edition.

System Requirements: Windows: PowerPoint 1998 and later.

Suggested Use: Senior 1; Senior 2
Teacher Reference
GLO 1: Movement Knowledge
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Exercise Science: Studying Human Movement and Health: Teacher's Guide. First Edition (Print-Integrated Resource). Anderson, Andy, et al. (Exercise Science: Studying Human Movement and Health). Sport Books Publisher (SBP), 2004. ISBN 0-920905-86-2.

This Teacher's Guide contains outlines of course expectations, timelines, and lesson plans. It also contains activities for students, answers to discussion questions presented in the Student Edition, as well as an extensive pool of additional questions and quizzes with answers. This guide also provides a wide range of Weblinks related to exercise science. This is not a stand-alone resource.

Cautions: Internet links have not been reviewed. The responsibility to evaluate these links rests with teachers.

Suggested Use: Senior 1; Senior 2
Teacher Reference
GLO 1: Movement Knowledge
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

First Aid: First on the Scene: The Complete Guide to First Aid and CPR (Print-Non-Fiction). St. John Ambulance (SJA), 2001. ISBN 1-894070-26-7.

This Canadian resource, produced by St. John Ambulance, addresses all aspects of babysitting. Using a clear, step-by-step approach, with inclusive colour photographs, this handbook addresses topics such as becoming a babysitter, caring for children, keeping children safe, handling emergencies, and performing basic first aid. In addition, the hardcover, coil-bound handbook offers problem-solving tips and constructive advice. It also gives a brief overview of the responsibilities of parents of the child.

Cautions: Some content/topics, such as diaper changing and toilet training, may be considered potentially sensitive.

Suggested Use: Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K - 8
Teacher Reference; Parent - Support
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
Date Recommended: 2002-May-01

First Aid: Pocket Guide to Emergency First Aid (Print-Non-Fiction). St. John Ambulance (SJA), 2001. 34 p. ISBN 1-894070-08-9.

This student guide, published by St. John Ambulance, is a very brief, clear, and well-organized reference to basic first aid procedures. The text appears in both English and French. This pocketsize, softcover booklet is produced on newsprint.

Cautions: This resource is recommended only as a quick reference, or as a supplement to *First on the Scene: The Complete Guide to First Aid and CPR*.

Suggested Use: Grade 7; Grade 8
Grade Group: 5 - 8
Student - Breadth; Teacher Reference; Parent - Support
GLO 3: Safety of Self and Others
Date Recommended: 2002-May-01

FitFocus: Health and Physical Activity Analysis Software (Computer Software). FoodFocus (FFS), 2003. Version 1.01.

This Manitoba-produced software provides students with an analysis of their physical activity lifestyle, and is designed to support *Canada's Physical Activity Guide to Healthy Active Living*. Students record their activities on the interactive software for a given period of time to determine whether their activity lifestyle is balanced with respect to health-related fitness components. The software (consisting of two disks and an instruction manual) includes an extensive databank of information on a wide range of physical activities and active living topics. It also explains calculated health benefits of active living, as well the risks for major disease resulting from an inactive lifestyle.

This resource takes a student-centred approach to learning and promotes individual assessment that is free of bias. It also promotes inclusion with a wide range of activities across a range of cultures. The software is well organized and makes effective use of graphics and colour to achieve its purpose.

Comment: This resource complements *FoodFocus: Nutrition Analysis Software*.

Cautions: As this is a software program, it can take away from active time. The assumption for active participation is that students are actually doing the activities that they enter as data.

System Requirements: Any computer running a 32 bit Microsoft Windows operating system (95/98, NT, Millennium, 2000, XP), 3.5 floppy disk or CD-ROM drive, screen resolution of 800 x 600 or better.

Suggested Use: Senior 1; Senior 2
Student - Depth; Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 4: Personal and Social Management Skills
GLO 5: Personal Health Practices
GLO 5: Active Living
Date Recommended: 2003-May-01

FITNESSGRAM® 6.0 Test Kit. Second Edition
(Kit). The Cooper Institute for Aerobics Research. Human Kinetics Publishers, Inc. (HKB), 1999. ISBN 0-7360-0104-2.

The FITNESSGRAM® Test Kit contains the following components (which are also available separately):

- FITNESSGRAM® Test Administration Manual (2nd ed.)—test protocols, score sheets, fitness record sheets, and charted standards
- FITNESSGRAM® 6.0 CD-ROM (for Windows and Macintosh)—database for recording and reporting student fitness levels as well as student ActivityGram program for assessing students' three-day physical activity patterns
- FITNESSGRAM® PACER Test Audiocassette and Audio CD—20-minute PACER Lap Counter with or without music background
- FITNESSGRAM® Clipboard—FITNESSGRAM Standards for Healthy Fitness Zone (for ages 5 to 17 plus) on back
- Skinfold Caliper—for body fat measurement
- Curl-up Measuring Strips—tools for correct curl-up form

This resource contains fitness tests for

- aerobic capacity—test options: 20-metre pacer test, 1 mile run, walk test
- body composition—test options: skinfold measurements, body mass index (BMI)
- abdominal strength and endurance—test options: curl-up
- trunk extensor strength and flexibility—test options: trunk lift
- upper body strength—test options: push-up, modified pull-up, pull-up, flexed arm hang
- flexibility—test options: back saver sit and reach, shoulder stretch

The test protocol is concise and clear, with pictures illustrating important points, and should be used only to assess personal progress and achievement based on previous scores. The visuals, graphics, terminology, and print are appropriate for the intended users.

Cautions: It is recommended that the FITNESSGRAM® Test Kit be used only to help students determine personal fitness goals, progress, and achievement. Comparing fitness data to norm-referenced data (American-based) is discouraged. The thin plastic skinfold caliper is recommended for teacher or personal use only. If skinfold calipers are used for measuring body composition, sensitivity is required. The CD-ROM included in this kit uses Imperial measurements. An online metric version will be released in the fall of 2002. The FITNESSGRAM® 6.0 CD-ROM has no security features for teacher-only access.

System Requirements:

- **Windows:** Windows 9x/NT 4.0 workstation, 486 or higher, at least 16 MB; 32 MG recommended, colour monitor, 3.5 floppy disk or CD-ROM drive, settings to 800 x 600 screen resolution or higher.
- **Macintosh:** Power Mac strongly recommended, System 7.x or higher, at least 16 MB; 32 MG recommended, colour monitor, 3.5 floppy disk or CD-ROM drive, settings to 832 x 624 screen resolution or higher.

Suggested Use: Grade 5; Grade 6; Grade 7; Grade 8;
Grade Group: 5 - 8
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 4: Personal Development
GLO 4: Personal and Social Management Skills
GLO 5: Active Living
Date Recommended: 2002-May-01

FoodFocus: Nutrition Analysis Software (Computer Software). (FoodFocus). FoodFocus (FFS). Version 3.2 NT.

This Manitoba-produced software program helps students conduct and understand nutrition analysis and choose foods that provide a balanced, varied, and nutritious diet. Students record their food intake on the interactive software for a given period of time to determine whether their diet is complete and balanced. Feedback is provided with the use of graphics and charts, including percentages of dietary fiber and percentages of calories from carbohydrates, fat, and protein. These percentages change with every addition of food to the list. A variety of ethnic and traditional foods (e.g., bannock, tortillas, wontons, wild game) are included in the food lists. Nutrition analysis results include data on the cost of foods (which can be edited).

The *FoodFocus* resources consist of a Teacher Edition binder and a Student Edition binder, each containing two interactive disks and an instruction manual providing information on computer setup, instructions for using the interactive software, a tutorial, and lessons on analyzing nutrition intake. (Additional information is provided in the individual annotations.) This software program is well-organized and easy to use and makes effective use of graphics, charts, and colour to achieve its purpose. Nutrient analysis results can be printed.

This software program aligns with *Canada's Food Guide to Healthy Eating* and uses the rainbow graphic representing the food groups. It incorporates data from the Health Canada Nutrient Files (including data from the 1988, 1991, and 1997 versions).

Comment: This resource complements *FitFocus: Health and Physical Activity Analysis Software*.

System Requirements: Microsoft Windows operating system (3.1, 95, 98, or NT), any 386, 486, Pentium, or PS/2 computer (or computer that is compatible with any of these) that will run Microsoft Windows 3.1 or later, at least 1 MB RAM, 3.5 floppy disk drive, VGA screen resolution or better supported by Windows.

Date Recommended: 2003-May-01

FoodFocus: Nutrition Analysis Software (Student Edition) (Computer Software). (FoodFocus). FoodFocus (FFS), 2000. Version 3.2 NT.

The Student Edition binder, consisting of a manual and two interactive disks, provides information on computer setup, instructions for using the interactive software, a tutorial, and lessons on analyzing nutrition intake.

System Requirements: Microsoft Windows operating system (3.1, 95, 98, or NT), any 386, 486, Pentium, or PS/2 computer (or computer that is compatible with any of these) that will run Microsoft Windows 3.1 or later, at least 1 MB RAM, 3.5 floppy disk drive, VGA screen resolution or better supported by Windows.

Suggested Use: Senior 2
Student - Depth
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 5: Nutrition
Date Recommended: 2003-May-01

FoodFocus: Nutrition Analysis Software (Teacher Edition) (Computer Software). (FoodFocus). FoodFocus (FFS), 2000. Version 3.2 NT.

The Teacher Edition binder, consisting of a manual and two interactive disks, provides information on computer setup, instructions for using the interactive software, a tutorial, and lessons on analyzing nutrition intake. Teachers can customize the program to meet specific student needs (e.g., add foods, change food nutrient data, revise information on nutrients and disease).

System Requirements: Microsoft Windows operating system (3.1, 95, 98, or NT), any 386, 486, Pentium, or PS/2 computer (or computer that is compatible with any of these) that will run Microsoft Windows 3.1 or later, at least 1 MB RAM, 3.5 floppy disk drive, VGA screen resolution or better supported by Windows.

Suggested Use: Senior 2
Teacher Reference
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 5: Nutrition

Date Recommended: 2003-May-01

Franklin Forgets (Print-Picture Book). Bourgeois, Paulette, et al. Kids Can Press (UTP), 2000. ISBN 1-55074-722-3.

In this Canadian picture book, Franklin deals with responsibility in relation to doing chores for a neighbour, and the consequences of forgetting those chores.

Comment: This resource is suitable for integration with English language arts.

Suggested Use: Kindergarten; Grade 1; Grade 2
Grade Group: K – 4
Student – Depth
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
Date Recommended: 2004-April-26

Franklin Goes to the Hospital (Print-Picture Book). Bourgeois, Paulette, et al. Kids Can Press (UTP), 2000. ISBN 1-55074-732-0.

In this Canadian picture book, Franklin deals with his fears and anxieties related to an operation in a hospital.
Comment: This resource is suitable for integration with English language arts.

Suggested Use: Kindergarten; Grade 1; Grade 2
Grade Group: K – 4
Student – Depth
GLO 4: Mental-Emotional Development
Date Recommended: 2004-April-26

Franklin's Bicycle Helmet (Print-Picture Book). Bourgeois, Paulette, et al. Kids Can Press (UTP), 2000. ISBN 1-55074-730-4.

In this Canadian picture book, Franklin learns to deal with his embarrassment when he wears a new bicycle helmet.
Comment: This resource is suitable for integration with English language arts.

Suggested Use: Kindergarten; Grade 1; Grade 2
Grade Group: K – 4
Student – Depth
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Personal Health Practices
Date Recommended: 2004-April-26

Game Skills: A Fun Approach to Learning Sport Skills (Print-Non-Fiction). Hanrahan, Stephanie J., and Carlson, Teresa B. Human Kinetics Publishers, Inc. (HKB), 2000. 175 p. ISBN 0-7360-0203-0.

This resource provides a wide variety of games and activities for various ages, ranging from age eight to adult. It contains chapters on striking and fielding, invasion, and net and water sports. Activity descriptions include the following categories: the basics, number of participants, equipment, location, safety considerations, hints, and extensions and variations. Some games highlight integrating individuals with special needs, team-building activities, and developing game strategies. Activities and games are illustrated with computer-generated graphics. Icons identify the benefits that can be achieved with each activity or game. A Key to Icons and an Activity Finder appear at the beginning of the book.

Cautions: Some games may be inappropriately named (e.g., Undies Unite, Striptease).

Suggested Use: Grade 3; Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K – 4
Grade Group: 5 – 8
Teacher Reference
GLO 1: Movement Skills
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 4: Personal Development
Date Recommended: 2003-May-01

Glencoe Health. First Canadian Edition (Print-Integrated Resource). (Glencoe Health). Glencoe/ McGraw Hill (MHR), 2004.

The *Glencoe Health* resources recommended for use in Manitoba consist of a Student Text and a

Teacher's Resource Binder, which includes a Teacher's Resource CD-ROM.

These resources apply and reinforce health-related skills and concepts and address a large part of the Manitoba curriculum. The hardcover Student Text and Teacher's Resource Binder contain Canadian facts, figures, measurements, photographs, and references that support a wide variety of easy-to-integrate, engaging activities. The "hands-on" health activities allow students to experience real-life application of concepts while practising communication, decision-making, refusal, conflict-resolution, and goal-setting skills.

Comment: Additional components (the Computerized Assessment Bank and the Student Workbook) are available but have not been reviewed.

Date Recommended: 2004-April-26

Glencoe Health (Student Text). First Canadian Edition (Print-Integrated Resource). Hilborn, Michael, et al. (Glencoe Health). Glencoe/ McGraw Hill (MHR), 2004. 550 p. ISBN 0-07-095098-0.

This comprehensive text contains seven units divided into 20 chapters on various health topics that relate to GLOs 2 to 5 in the Manitoba curriculum. The chapters include expectations, key terms, and ample activities and assessment opportunities such as the following:

- Health Skills Activities—allow students to practise communication/decision-making skills.
- Personal Health Inventory Activities—give students the chance to assess their personal health habits and attitudes.
- Eye on the Media Activities—show students how to examine and critically evaluate the influences of the media.
- Beyond the Classroom Activities—give parents/guardians and communities opportunities to become involved.

The text takes an "abstinence only" approach to human sexuality education.

Cautions: Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.

Suggested Use: Senior 1; Senior 2
Student - Breadth and Depth
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Human Sexuality
GLO 5: Nutrition
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Glencoe Health Teacher's Resource Binder. First Canadian Edition (Print-Integrated Resource). Hilborn, Michael, et al. (Glencoe Health). Glencoe/ McGraw Hill (MHR), 2004. 176 p. ISBN 0-07-095153-5.

This comprehensive teacher resource presents consistently organized, easy-to-follow lesson plans, assessment strategies, and culminating activities that reinforce the health-related topics addressed in the Student Text. This resource is divided into seven units corresponding with the Student Text, and includes the following components: unit expectations for each grade, an overview, planning notes, blackline masters (available on the accompanying CD-ROM), a listing of additional resources, teaching and learning strategies, and assessment strategies.

System Requirements:

- **Windows:** Windows 95 or newer, Microsoft Word 97, 486+, 16 MB RAM (minimum), Adobe Acrobat Reader 4.0.
- **Macintosh:** Power PC, System 7.5 or newer, Macintosh Microsoft Word 98, 16 MB RAM (minimum), Adobe Acrobat Reader 4.0.

Suggested Use: Senior 1; Senior 2
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management

GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Human Sexuality
GLO 5: Nutrition
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Guy's Guides: Chillin': A Guy's Guide to Friendship (Print-Non-Fiction). Sommers, Michael A. (Guy's Guides). Saunders Book Company (SBC), 2000. 48 p. ISBN 0-8239-3160-9.

This reader-friendly student reference book addresses, from a male point of view, various aspects of making and maintaining friendships during adolescence, with chapters such as "Making New Pals, Fitting In" and "Girl Friends, Not Girlfriends." This hardcover student resource for Grades 5 to 8 could be used as a parent support or teacher reference. It is factually accurate, contains balanced portrayals of situations relevant to student lives and interests, and is well organized and clearly presented. Visuals and captions are relevant to the text, age-appropriate, and sensitive to multicultural backgrounds.

Comment: While the resource content is current, informative, and age-appropriate, the appearance and presentation of the book (size, style, shape) are somewhat elementary for the intended age group.

Suggested Use: Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: 5 – 8
Student – Depth
Teacher Reference; Parent – Support
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
Date Recommended: 2004-April-26

Health for Life 1 (Print-Integrated Resource). Campbell, Judith. (Health for Life 1). Pearson Education Canada (PRN).

Health for Life 1 is a Canadian-developed in-depth resource, applicable for Grades 7 and 8, consisting of the following components:

- Student Edition
- Teacher's Resource (includes CD-ROM)

The support materials in the student text address some of the health-related learning outcomes from GLOs 3, 4, and 5 identified in the Manitoba curriculum for Grades 7 and 8. The student text introduces the subject area, while the teacher's resource goes into more detail, allowing varying instruction for each outcome.

Both the Student Edition and Teacher's Resource contain information and activities organized under the following unit headings:

- Wellness
- Relationships
- Life Learning

The Teacher's Resource CD-ROM contains the following components:

- Slides/Overheads using PowerPoint
- Generic Assessment Masters and Reflection Sheets from the Teacher's Resource
- Alternative Assessment Masters and Reflection Sheets
- Help/Instructions

Comment: These resources could be used for nutrition-related topics in other subject areas, such as science.

Date Recommended: 2004-April-26

Health for Life 1 (Student Edition) (Print-Integrated Resource). Campbell, Judith. Pearson Education Canada (PRN), 2004. 153 p. ISBN 0-13-139892-X.

This student text contains a collection of clearly presented and well-organized information. Units consist of chapters with lessons containing factual information, vocabulary definitions, discussion questions, and activities. This resource presents material in a factual manner appropriate for the intended audience. The use of visuals, graphics, cartoons, colour, and print makes this resource visually interesting, appealing, and user friendly.

Cautions: Content is correlated with Alberta, Ontario, and Nova Scotia learning outcomes, but not with grade-specific learning outcomes in the Manitoba curriculum. Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.

Suggested Use: Grade 7; Grade 8
Grade Group: 5 – 8
Student - Breadth and Depth
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Human Sexuality
GLO 5: Nutrition
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Health for Life 1 Teacher's Resource (includes CD-ROM) (Print-Integrated Resource). Scaini, Carol, et al. Pearson Education Canada (PRN), 2004. 240 p. ISBN 0-13-139893-8.

This Teacher's Resource is organized in chapters, each containing a chapter overview, key terms, special notes, teaching notes, additional activities, and blackline masters. Assessment tools such as quizzes and rubrics are included to support and enhance the information presented. The material in this coil-bound resource is well organized and clearly presented.

The accompanying CD-ROM consists of copies of selected pages from the student book. These pages can be used for computer/digital projection within the classroom.

Cautions: Content is correlated with Alberta, Ontario, and Nova Scotia learning outcomes, but not with grade-specific learning outcomes in the Manitoba curriculum. Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level. Internet links have not been reviewed. The responsibility to evaluate these links rests with teachers.

System Requirements:

- **Windows:** Windows 9x, 2000, XP, Pentium 233 MHz, 64 MB RAM, 10 MB hard drive space.
- **Macintosh:** Macintosh OS 9.x, PowerPC 604e 266 MHz, G3, G4, 65 MB RAM, 10 MB hard drive space.

SVGA monitor displaying 256 or more colours, 4X or faster CD-ROM, mouse, Microsoft Word 2000 or higher (or compatible Word Processor), Microsoft PowerPoint 2000 or higher (or the Microsoft PowerPoint Viewer for viewing only – included on CD).

Note: The CD may run on computers that don't meet the recommended requirements, but performance may be slow or unstable.

Suggested Use: Grade 7; Grade 8
Grade Group: 5 – 8
Teacher Reference
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Human Sexuality
GLO 5: Nutrition
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Health Promotion Wave Grade 1. Second Edition (Kit). (Health Promotion Wave Series). HealthWave, Inc. (HWAVE), 2000. ISBN 1-57239-181-2.

This is a comprehensive, multi-age, and multimedia health education program suitable for many health-related learning outcomes in the Manitoba curriculum for Grade 1. It could also be used for some learning outcomes in Grades 2 and 3.

The kit contains the following components:

Teacher Manual ISBN 1-57239-181-2 (see annotation below)
Student Master Set ISBN 1-57239-179-0
Parent Component Master Set ISBN 1-57239-177-4
Evaluations/Certificates ISBN 1-47239-217-7
Herbie the Duck Puppet ISBN 1-57239-012-3
HPW Flashcards ISBN 1-47239-022-0

Literature
HPW Storybook (three-story collection) ISBN 1-57239-020-4
Quick as a Cricket ISBN 0-85953-306-9
Berenstain Bears Get in a Fight ISBN 0-394-85132-3
Berenstain Bears Double Dare ISBN 0-394-89748-X
Berenstain Bears Too Much Junk Food ISBN 0-394-87217-7
Aware Bears: What's the Difference ISBN 0-89976-223-9
Aware Bears: It's up to Me ISBN 0-89976-202-6
Aware Bears: We're Street Smart ISBN 0-89976-204-2
My Five Senses ISBN 0-06-445083-X
I'm Growing ISBN 0-06-445116-X
Tenth Good Thing about Barney ISBN 0-689-71203-0
Germs Make Me Sick ISBN 0-06-445154-2

Technology/Videos
CD-ROM: Arthur's DW ISBN 1-57239-797-7
CD-ROM: Travel the World with Timmy ISBN 1-57239-785-3

Skill-Based Games/Activities
Body Chart with Organs ISBN 1-57239-017-4
Nutrition Cards ISBN 1-57239-023-9
Bicycle Safety Game ISBN 1-57239-183-9
Germ Game ISBN 1-57239-024-7

Posters
Healthy Choices Poster ISBN 1-57239-008-5
Emergency Poster ISBN 1-57239-009-3
Special People Poster ISBN 1-57239-005-0
Growth Chart Poster ISBN 1-57239-007-7
Bus Safety Poster ISBN 1-57239-019-0
School Safety Poster ISBN 1-47239-018-2
Food Guide Pyramid Poster ISBN 1-57239-036-0

Teacher Manual
The Teacher Manual for Health Promotion Wave Grade 1 uses a variety of instructional tools and techniques to help students develop the attitudes and behaviours necessary to make health-enhancing decisions. It advocates the Stop, Think, Listen, and Decide decision-making model.

The binder contains the following units (identified with labelled tabs):
- Teaching Techniques
- Personal and Mental Health
- Family Life (deals with families and relationships)
- Safety and Injury Prevention
- Nutrition and Fitness
- Drug Prevention
- Human Growth and Development
- Disease Prevention

Listed at the beginning of each unit are goals, objectives, parent component, materials required, and curricular connections.

The Teacher Manual includes a variety of learning and assessment strategies, student worksheets, parent letters and activities, and evaluation sheets. However, these consumables are not reproducible and are available separately in the kit as a Student Master Set, a Parent Component Master Set, and Evaluations/Certificates. Some lessons require the multimedia support materials available in the kit, including specific storybooks, CD-ROMs, skill-based games and activities, and posters. Appendices include teacher reference materials and a list of additional resources to support the lessons.

Cautions: Topics are organized to align with the Health Promotion Wave scope and sequence rather than with the Manitoba curriculum. As well, some content is found in units other than expected. For example, content related to decision making and friendship is found in the "Drug Prevention" unit rather than in the "Personal and Mental Health" unit. Information is current and accurate, but is American-based. Personal Safety (good touch/bad touch), Human Sexuality (growth and development), and Substance Use and Abuse Prevention are addressed quite extensively. Depth and breadth of potentially sensitive content are to be determined at the local school/division level.

Suggested Use: Grade 1
Grade Group: K - 4
Student - Breadth and Depth; Teacher Reference
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Personal Health Practices
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Substance Use and Abuse Prevention
GLO 5: Human Sexuality
Date Recommended: 2002-May-01

Hi New Baby! (Print-Picture Book). Harris, Robie H., and Emberley, Michael, illus. Candlewick Press (CDS), 2000. ISBN 0-7636-0539-5.

This hardcover picture book portrays a child's reaction to the arrival of a new baby to the family. It tells the universal story of the real feelings that young children can experience when they are no longer the baby. The resource is age and grade appropriate and can be used either as a teacher-read book or a stand-alone resource.

Comment: This resource is suitable for integration with English language arts.

Cautions: This resource includes drawings of the baby's body parts and of a mother breast-feeding.

Suggested Use: Grade 2; Grade 5
Grade Group: K – 4
Grade Group: 5 – 8
Student – Depth
GLO 4: Mental-Emotional Development
GLO 5: Human Sexuality
Date Recommended: 2004-April-26

KIDnastics®: A Child-Centered Approach to Teaching (Print-Non-Fiction). Malmberg, Eric. Human Kinetics Publishers, Inc. (HKB), 2003. 175 p. ISBN 0-7360-3394-7.

This book provides an instructional model that simplifies the teaching of gymnastics, using a child-centred approach and taking elements from both traditional and educational gymnastics. The 70 skills presented in this resource are divided into the following five movement categories: rolling, jumping, balancing, vaulting, and hanging and climbing. The resource takes a three-step approach to skill development, beginning with practising single skills, then sequencing them, and finally performing them for an audience. It also suggests how equipment can be adapted to create different practice environments. Students can use the reproducible illustrated task cards to develop their own routines.

Cautions: Teachers need to choose gymnastic-type activities that are age-appropriate and developmentally appropriate for students and ensure that safety guidelines are followed.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4; Grade 5; Grade 6
Grade Group: K – 4
Grade Group: 5 – 8
Teacher Reference
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 2: Fitness Management Skills
Date Recommended: 2003-May-01

Kids Helping Kids: A Peer Helping and Peer Mediation Training Manual for Elementary and Middle School Teachers and Counsellors. Second Edition (Print-Non-Fiction). Cole, Trevor. Peer Resources (PEER), 2000. 161 p. ISBN 1-895890-44-6.

This in-depth Canadian resource focuses on implementing peer support and conflict mediation training programs to help students develop personal and social management skills. The well-organized training manual contains lesson plans and extensive appendices with games, role-playing activities, personal planning worksheets, evaluation forms, and letters.

The black and white graphics in this softcover, coil-bound resource lack clarity and appeal.

Suggested Use: Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: 5 - 8
Teacher Reference
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development

GLO 4: Personal and Social Management Skills
Date Recommended: 2002-May-01

Kids Helping Kids: Student Manual and Workbook for Elementary and Middle School Students. Second Edition (Print-Non-Fiction). Cole, Trevor. Peer Resources (PEER), 2000. 161 p. ISBN 1-895890-42-X.

This well-organized student manual and workbook suggests learning activities for developing skills such as "helping skills," problem solving, personal and peer support planning (goal setting), and creative conflict resolution. This Canadian resource is suitable from Grades 5 to 8 for learning outcomes related to Safety and Personal and Social Management.

The black and white graphics in this softcover, coil-bound resource lack clarity and appeal.

Suggested Use: Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: 5 - 8
Student - Depth
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
Date Recommended: 2002-May-01

Kids in the Know Safety Curriculum (Print-Non-Fiction). Child Find Manitoba Inc. (CFMI), 2004. 761 p.

This Manitoba-developed resource is designed to empower students and reduce their risk of victimization by teaching effective personal safety strategies across all grades. Seven key safety strategies related to different environments (e.g., the Internet, street, store, being alone at home) are emphasized throughout. This activity-based, interactive resource focuses on building self-esteem through teaching problem-solving and communication skills. The three-hole punched document contains a section for each grade from Kindergarten to Grade 8 and a section for high school. Each section includes an outcome matrix, colourful graphics and overheads, case scenarios for urban and rural situations, and sample assessments. This resource includes ideas on differentiating instruction and promotes community involvement.

Comments: Some safety guidelines and root strategies reinforced throughout the resource may need to be adapted for Senior Years students to make statements more age appropriate. For example, the word "always" is a forceful word to use with the Internet safety guidelines in statements such as the following: "Always talk with your parents about what you are doing online and who you are speaking to." and "Always check first with your parents before signing up for anything on the Internet." Teenagers may not respond to such "authoritative" direction at a time when adults want them to take some responsibility for their choices.

Additional components (e.g., a training disk, puppets, books, posters, and stickers) can be purchased with this resource for the earlier grades, but they have not been reviewed.

Cautions: This resource includes sequential lesson plans related to personal safety for every grade, whereas the Manitoba curriculum addresses personal safety every other year (in Grades 1, 3, 5, and 7, and Senior 1). This resource contains information related to sexual exploitation/assault. Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.

Suggested Use: Grade 1; Grade 3; Grade 5; Grade 7; Senior 1
Grade Group: K – 8
Teacher Reference; Parent – Support
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Kinetic Anatomy (Print-Non-Fiction). Behnke, Robert S. Human Kinetics Publishers, Inc. (HKB), 2001. 279 p. ISBN 0-7360-0016-X.

This resource addresses the student learning outcome related to exercise physiology in

Manitoba's Senior 1 and Senior 2 PE/HE curriculum. The book is divided into four parts: the general concepts of anatomy, the upper extremity, the spinal column/pelvis/thorax, and the lower extremity. The presentation of each anatomical section within each part follows the same format: bones, joints and ligaments, and muscles. Diagrams are clear and concise and are paralleled with actual pictures showing the palpation of muscles, tendons, and ligaments. Each part concludes with a chapter on the major nerves and blood vessels of the applicable anatomical structures discussed. Each chapter concludes with a review of terminology, suggested learning activities, multiple choice questions, and fill-in-the-blank questions.

Suggested Use: Senior 1; Senior 2
Teacher Reference/Professional Development
Date Recommended: 2003-May-01

Let the Games Begin! (Print-Picture Book). Ajmera, Maya, et al. Charlesbridge Publishing (MON), 2000. ISBN 0-88106-068-2.

This American picture book shows children playing games and sports that are truly universal and fun. The text and multicultural photographs of children from around the world focus on various aspects of sports, including physical benefits, the importance of practice, overcoming obstacles, and teamwork.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4
Grade Group: K – 4
Student – Depth
GLO 1: Movement Knowledge
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Personal Health Practices
Date Recommended: 2004-April-26

Lifechoices (Print-Integrated Resource). Campbell, Judith. (Lifechoices series). Pearson Education Canada (PRN).

The *Lifechoices* resources recommended for use in Manitoba address the following topics: Relationships and Healthy and Well. For each topic the series includes both a student resource and teacher resource.

The student resources consist of a compilation of magazine articles, charts, tables, and graphs on a given topic, accompanied by effective, eye-catching graphics, illustrations, and photographs. The age-appropriate articles in these well-organized student resources are presented within a framework of independent decision making. Students are encouraged to consider options, become aware of new options, and evaluate the decisions they make. In this process, students have opportunities to

- understand themselves better
- express feelings and communicate effectively with others in various relationships
- make personal choices about their own well-being and accept challenges while respecting themselves and others
- appreciate the value of personal well-being with respect to realizing goals, meeting personal needs, and coping with the world around them

The teacher resources contain instructional units on individual, computer, journal, and discussion activities, as well as class handouts and blackline masters. The textual information in the teacher resources is well organized; however, few charts and diagrams are included.

For more information related to the recommended resources, please refer to the individual annotations.

Cautions: To be effective, the teacher resources should accompany the student books. The resources support all the GLOs in Manitoba's PE/HE curriculum; however, the number of specific learning outcomes addressed by each component of the series may be very limited. Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.

Date Recommended: 2003-May-01

Lifechoices: Healthy and Well: Student Book (Print-Integrated Resource). Campbell, Judith. (Lifechoices). Pearson Education Canada (PRN), 2002. 96 p. ISBN 0-13-244195-0.

This student resource is a compilation of magazine articles, charts, tables, and graphs that explore issues related to healthy lifestyles, including potentially sensitive content (see Cautions).

Suggested Use: Senior 1; Senior 2
Student – Breadth
GLO 1: Movement Knowledge
GLO 2: Fitness Management Knowledge
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Active Living
GLO 5: Human Sexuality
GLO 5: Nutrition
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2003-May-01

Lifechoices: Healthy and Well: Teacher Resource (Print-Integrated Resource). Campbell, Judith. (Lifechoices). Pearson Education Canada (PRN), 2002. 178 p. ISBN 0-13-244203-5.

This teacher resource includes instructional units on individual, computer, journal, and discussion activities. Handouts and blackline masters are available at the back of the text.

Suggested Use: Senior 1; Senior 2
Teacher Reference
GLO 1: Movement Knowledge
GLO 2: Fitness Management Knowledge
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Personal and Social Management Skills
GLO 4: Mental-Emotional Development
GLO 5: Active Living
GLO 5: Human Sexuality
GLO 5: Nutrition
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2003-May-01

Lifechoices: Relationships: Student Book (Print-Integrated Resource). Campbell, Judith. (Lifechoices). Pearson Education Canada (PRN), 1999. 120 p. ISBN 0-13-242173-9.

This student resource is a compilation of magazine articles, charts, tables, and graphs that explore issues related to conflict, communication skills, violence, abuse, grief, AIDS, and divorce (see Cautions).

Suggested Use: Senior 1; Senior 2
Student - Breadth and Depth
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
Date Recommended: 2003-May-01

Lifechoices: Relationships: Teacher Resource (Print-Integrated Resource). Campbell, Judith. (Lifechoices). Pearson Education Canada (PRN), 1999. 144 p. ISBN 0-13-242181-X.

This teacher resource provides instructional units on individual, computer, journal, and discussion activities. Handouts and blackline masters are available at the back of the text.

Suggested Use: Senior 1; Senior 2
Teacher Reference
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
Date Recommended: 2003-May-01

McGraw-Hill Health Series (Print-Integrated Resource). Giarratano-Russell, Susan C. (McGraw-Hill Health Series). McGraw-Hill Ryerson Limited (MHR).

The McGraw Hill Health resources for Kindergarten to Grade 6 are congruent with most health-related learning outcomes identified in the Manitoba curriculum for these grades. Health topics in both the teacher and student resources for each grade are organized in the following 10 chapters:

- Personal Health
- Growth and Development

- Emotional and Intellectual Health
- Family and Social Health
- Nutrition
- Physical Activity and Fitness
- Disease Prevention and Control
- Alcohol, Tobacco, and Drugs
- Safety and Injury Prevention (Kindergarten to Grade 2)
- Safety, Injury, and Violence Prevention (Grades 3 to 6)
- Community and Environmental Health

The resources include appealing, colourful, bias-free illustrations and photographs and promote parental, family, and community involvement.

Resource Components

The **Kindergarten to Grade 2** resources, which are colour coded by grade, contain the following recommended components:

- **Student Book** (The student texts are available only for Grades 1 and 2. The reading level in these texts is advanced—not recommended as a class set.)
- **Big Book** (The Big Books are large-format versions of the Student Books for the respective grades.)
- **Teacher's Edition** (The teacher's resource guides support the student texts.)
- **Teacher Health Kit** (The kit folders contain most of the content found in the Teacher's Editions and the Student Books, as well as posters, blackline masters, and assessment tools. The kit can be used as a stand-alone resource.)

The **Grades 3 to 6** resources, which are colour coded by grade, contain the following recommended components:

- **Student Book** (The reading level in the Grade 3 student text is advanced—not recommended as a class set.)
- **Teacher's Edition** (The teacher's resource guides support the student texts.)
- **Teacher's Blackline Masters**

General Cautions

The McGraw-Hill Health resources include potentially sensitive content related to Personal Safety, Substance Use and Abuse Prevention (Alcohol, Tobacco, and Drugs), and Human Sexuality (Growth and Development) in every grade, which is not congruent with the Manitoba curriculum. Depth and breadth of potentially sensitive content are to be determined at the local school/division level.

As well, the Fitness Testing and the President's Challenge Award Program in these American-based resources do not align with Manitoba's curriculum unless they are implemented from a personal goal-setting/planning perspective for Grade 4 and higher. All information related to measurement and nutrition is also American-based.

General Resource Descriptions

General descriptions of the student and teacher resources follow. For more detailed information (including cautions), please refer to the individual annotations.

Student Books (Grades 1 to 6): Focusing on specific health topics, the 10 chapters in the comprehensive, hardcover student texts contain lessons that include a quick-start introduction activity, objectives, lesson-specific and age-appropriate vocabulary, and an information article. The lesson wrap-up provides a variety of learning activities that include comprehensive and critical thinking questions, portfolio suggestions, and a life-skill application activity. One chapter is devoted to different family groupings and addresses multiculturalism in a thoughtful, considerate manner. Each chapter ends with a review and a test/assessment strategy. The print is easy to read and is illustrated with a rich variety of brightly coloured cartoons, diagrams, photographs, and tables.

Big Books (Kindergarten to Grade 2): The Big Books for Grades 1 and 2 are large-format versions of the Student Books for the same grades, containing the same information. (For Kindergarten there is only the Big Book, not a Student Book.) The Big Books (40 cm x 55 cm) are suitable for a teacher to hold up and show/read to the class. They are best used in conjunction with the Teacher's Editions.

Teacher's Editions (Kindergarten to Grade 6): The Teacher's Editions contain complete lesson plans, assessment tools, projects, cross-curricular connections, and extension activities to support the health topics addressed in the Student Books and/or Big Books. These resources promote critical thinking, research skills, problem solving, and active learning through interactive learning strategies and assessments for use in the classroom rather than in a gymnasium or physical education setting. The coil-bound teacher books are easy to read and clearly organized, with student text inserts (not applicable for Kindergarten), indexes, and scope and sequence charts provided. They contain thumbnail versions of the blackline masters and assessment materials that are available in the Teacher Health Kits (Kindergarten to Grade 2) or in the Teacher's Blackline Masters (Grades 3 to 6).

Teacher Health Kits (Kindergarten to Grade 2): The Teacher Health Kits, which can be used alone or in conjunction with the Teacher's Editions and Big Books, consist of the following components:

- Chapter Folders on various health topics. These folders contain: Lesson Folders with lesson plans and blackline masters to support learning activities and assessment; a Home School File providing complementary parent information and activities to build a home and school connection; and an Assessment File providing curriculum-congruent assessment strategies, including several strategies used with performance/portfolio suggestions.
- Teacher Handbook
- Posters

The kit resources are packaged in hanging folders within a plastic container with handles, allowing for additions to the resources and ease of sharing in a team-teaching environment.

Teacher's Blackline Masters (Grades 4 to 6): The blackline masters (BLMs) are designed to match lesson outcomes from the Teacher's Editions (for Grades 4 to 6) and promote making curricular connections. They are labelled according to chapters and include practice, assessment, and home/school connection worksheets. The BLMs are a separate resource, but thumbnail versions with the answer keys appear in the Teacher's Editions.

Date Recommended: 2002-May-01

McGraw-Hill Health Series: McGraw-Hill Health Kindergarten. Big Book (Print-Integrated Resource). Giarratano-Russell, Susan C. (McGraw-Hill Health Series). McGraw-Hill Ryerson Limited (MHR), 2001. 62 p. ISBN 0-02-277382-7.

This resource uses colourful and appealing photographs and illustrations to stimulate discussion of the health-related concepts presented.

Suggested Use: Kindergarten
Grade Group: K - 8
Student - Breadth and Depth
GLO 1: Movement Knowledge
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Personal Health Practices
GLO 5: Active Living
GLO 5: Nutrition
Date Recommended: 2002-May-01

McGraw-Hill Health Series: McGraw-Hill Health Kindergarten. Teacher Health Kit (Print-Integrated Resource). Giarratano-Russell, Susan C. (McGraw-Hill Health Series). McGraw-Hill Ryerson Limited (MHR), 2001. ISBN 0-02-276686-3.

The folders in this kit include most of the content found in the Teacher's Edition for Kindergarten, as well as posters, blackline masters, and assessment tools. The kit can be used alone or in combination with the other resources.

Cautions: This set of resources includes content related to tobacco and alcohol use, which is not part of the Manitoba curriculum for Kindergarten. Depth and breadth of potentially sensitive content are to be determined at the local school/division level.

Suggested Use: Kindergarten
Grade Group: K - 8
Student - Breadth and Depth
Teacher Reference
GLO 1: Movement Knowledge
GLO 3: Physical Activity Risk Management

GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Personal Health Practices
GLO 5: Active Living
GLO 5: Nutrition
Date Recommended: 2002-May-01

McGraw-Hill Health Series: McGraw-Hill Health Kindergarten. Teacher's Edition (Print-Integrated Resource). Giarratano-Russell, Susan C. (McGraw-Hill Health Series). McGraw-Hill Ryerson Limited (MHR), 2001. ISBN 0-02-277374-6.

This Teacher's Edition is a comprehensive resource for most health-related learning outcomes in the Manitoba curriculum for Kindergarten.

Cautions: This resource includes content related to personal safety and tobacco and alcohol use, which is not part of the Manitoba curriculum for Kindergarten.

Suggested Use: Kindergarten
Grade Group: K - 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 2: Fitness Management Knowledge
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Personal Health Practices
GLO 5: Active Living
GLO 5: Nutrition
Date Recommended: 2002-May-01

McGraw-Hill Health Series: McGraw-Hill Health Grade One. Big Book 1 (Print-Integrated Resource). Giarratano-Russell, Susan C. (McGraw-Hill Health Series). McGraw-Hill Ryerson Limited (MHR), 2000. 50 p. ISBN 0-02-277384-3.

This Big Book is a large-format version of the first half of the Grade 1 Student Book, addressing the following health topics: Personal Health; Growth and Development; Emotional and Intellectual Health; Family and Social Health; and Nutrition.

Cautions: This resource includes potentially sensitive content related to Personal Safety (e.g., good tough/bad touch) and Substance Use and Abuse Prevention (e.g., alcohol, tobacco, and drug use). Information on tobacco and alcohol use is not part of the Manitoba curriculum for Grade 1. Depth and breadth of potentially sensitive content are to be determined at the local school/division level.

Suggested Use: Grade 1
Grade Group: K - 8
Student - Breadth and Depth
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Personal Health Practices
GLO 5: Nutrition
Date Recommended: 2002-May-01

McGraw-Hill Health Series: McGraw-Hill Health Grade One. Big Book 2 (Print-Integrated Resource). Giarratano-Russell, Susan C. (McGraw-Hill Health Series). McGraw-Hill Ryerson Limited (MHR), 2000. ISBN 0-02-277385-1.

This Big Book is a large-format version of the second half of the Grade 1 Student Book, addressing the following health topics: Physical Activity and Fitness; Disease Prevention and Control; Alcohol, Tobacco, and Drugs; Safety and Injury Prevention; and Community and Environmental Health.

Cautions: This resource includes content related to tobacco and alcohol use, which is not part of the Manitoba curriculum for Grade 1. Depth and breadth of potentially sensitive content are to be determined at the local school/division level.

Suggested Use: Grade 1
Grade Group: K - 8
Student - Breadth and Depth
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 5: Active Living
Date Recommended: 2002-May-01

McGraw-Hill Health Series: McGraw-Hill Health Grade One. Student Book (Print-Integrated Resource). Giarratano-Russell, Susan C. (McGraw-Hill Health Series). McGraw-Hill Ryerson Limited (MHR), 2000. 101 p. ISBN 0-02-277367-3.

This student text is a comprehensive resource for most health-related learning outcomes in the Manitoba curriculum for Grade 1.

Cautions: This resource includes potentially sensitive content related to Personal Safety (e.g., good tough/bad touch) and Substance Use and Abuse Prevention (e.g., alcohol, tobacco, and drug use). Information on tobacco and alcohol use is not part of the Manitoba curriculum for Grade 1. Depth and breadth of potentially sensitive content are to be determined at the local school/division level. While most of the content in this resource is appropriate for the intended audience, Grade 1 students may have difficulty with the advanced reading level. Therefore, this resource is not recommended as a class set, but as a reference or resource for advanced readers.

Suggested Use: Grade 1
Grade Group: K - 8
Student - Breadth and Depth
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Personal Health Practices
GLO 5: Active Living
GLO 5: Nutrition
Date Recommended: 2002-May-01

McGraw-Hill Health Series: McGraw-Hill Health Grade One. Teacher Health Kit (Print-Integrated Resource). Giarratano-Russell, Susan C. (McGraw-Hill Health Series). McGraw-Hill Ryerson Limited (MHR), 2000. ISBN 0-02-276687-1.

The folders in this kit include most of the content found in the Teacher's Edition and the Student Book for Grade 1, as well as posters, blackline masters, and assessment tools. The kit can be used alone or in combination with the other resources.

Cautions: This set of resources includes content related to tobacco and alcohol use, which is not part of the Manitoba curriculum for Grade 1. Depth and breadth of potentially sensitive content (i.e., Personal Safety) are to be determined at the local school/division level. The kit includes references to taking precautions against students touching guns.

Suggested Use: Grade 1
Grade Group: K - 8
Student - Breadth and Depth; Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Personal Health Practices
GLO 5: Active Living
GLO 5: Nutrition
Date Recommended: 2002-May-01

McGraw-Hill Health Series: McGraw-Hill Health Grade One. Teacher's Edition (Print-Integrated Resource). Giarratano-Russell, Susan C. (McGraw-Hill Health Series). McGraw-Hill Ryerson Limited (MHR), 2000. ISBN 0-02-277375-4.

This Teacher's Edition is a comprehensive resource for most health-related learning outcomes in the Manitoba curriculum for Grade 1.

Cautions: This resource includes content related to personal safety and tobacco and alcohol use, which is not part of the Manitoba curriculum for Grade 1. Depth and breadth of potentially sensitive content are to be determined at the local school/division level.

Suggested Use: Grade 1
Grade Group: K - 8
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Personal Health Practices
GLO 5: Active Living
GLO 5: Nutrition

Date Recommended: 2002-May-01

McGraw-Hill Health Series: McGraw-Hill Health Grade Two. Big Book 1 (Print-Integrated Resource). Giarratano-Russell, Susan C. (McGraw-Hill Health Series). McGraw-Hill Ryerson Limited (MHR), 2000. ISBN 0-02-277386-X.

This Big Book is a large-format version of the first half of the Grade 2 Student Book, addressing the following health topics: Personal Health; Growth and Development; Emotional and Intellectual Health; Family and Social Health; and Nutrition.

Cautions: This resource includes potentially sensitive content related to Personal Safety (e.g., good tough/bad touch) and Substance Use and Abuse Prevention (e.g., alcohol, tobacco, and drug use), which is not part of the Manitoba curriculum for Grade 2. Depth and breadth of potentially sensitive content are to be determined at the local school/division level.

Suggested Use: Grade 2
Grade Group: K - 8
Student - Breadth and Depth
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Personal Health Practices
GLO 5: Active Living
GLO 5: Nutrition
Date Recommended: 2002-May-01

McGraw-Hill Health Series: McGraw-Hill Health Grade Two. Big Book 2 (Print-Integrated Resource). Giarratano-Russell, Susan C. (McGraw-Hill Health Series). McGraw-Hill Ryerson Limited (MHR), 2000. 102 p. ISBN 0-02-277387-8.

This Big Book is a large-format version of the second half of the Grade 2 Student Book, addressing the following health topics: Physical Activity and Fitness; Disease Prevention and Control; Alcohol, Tobacco, and Drugs; Safety and Injury Prevention; and Community and Environmental Health.

Cautions: This resource includes potentially sensitive content related to Personal Safety (e.g., good touch/bad touch) and Substance Use and Abuse Prevention (e.g., alcohol, tobacco, and drug use), which is not part of the Manitoba curriculum for Grade 2. Depth and breadth of potentially sensitive content are to be determined at the local school/division level.

Suggested Use: Grade 2
Grade Group: K - 8
Student - Breadth and Depth
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Personal Health Practices
GLO 5: Active Living
GLO 5: Nutrition
Date Recommended: 2002-May-01

McGraw-Hill Health Series: McGraw-Hill Health Grade Two. Student Book (Print-Integrated Resource). Giarratano-Russell, Susan C. (McGraw-Hill Health Series). McGraw-Hill Ryerson Limited (MHR), 2000. 103 p. ISBN 0-02-277368-1.

This student text is a comprehensive resource for most health-related learning outcomes in the Manitoba curriculum for Grade 2.

Cautions: This resource includes potentially sensitive content related to Personal Safety (e.g., good tough/bad touch) and Substance Use and Abuse Prevention (e.g., alcohol, tobacco, and drug use), which is not addressed in the Manitoba curriculum for Grade 2. Depth and breadth of potentially sensitive content are to be determined at the local school/division level. While most of the content in this resource is appropriate for the intended audience, Grade 2 students may have difficulty with the reading level. Therefore, this resource is not recommended as a class set, but as a reference or resource for advanced readers.

Suggested Use: Grade 2
Grade Group: K - 8
Student - Breadth and Depth
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills

GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 5: Personal Health Practices
GLO 5: Active Living
GLO 5: Nutrition
Date Recommended: 2002-May-01

McGraw-Hill Health Series: McGraw-Hill Health Grade Two. Teacher Health Kit (Print-Integrated Resource). Giarratano-Russell, Susan C. (McGraw-Hill Health Series). McGraw-Hill Ryerson Limited (MHR), 2001. ISBN 0-02-276688-X.

The folders in this kit include most of the content found in the Teacher's Edition and the Student Book for Grade 2, as well as posters, blackline masters, and assessment tools. The kit can be used alone or in combination with the other resources.

Suggested Use: Grade 2
Grade Group: K - 8
Student - Breadth and Depth
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Personal Health Practices
GLO 5: Active Living
GLO 5: Nutrition
Date Recommended: 2002-May-01

McGraw-Hill Health Series: McGraw-Hill Health Grade Two. Teacher's Edition (Print-Integrated Resource). Giarratano-Russell, Susan C. (McGraw-Hill Health Series). McGraw-Hill Ryerson Limited (MHR), 2000. ISBN 0-02-277376-2.

This Teacher's Edition is a comprehensive resource for most health-related learning outcomes in the Manitoba curriculum for Grade 2.

Cautions: This resource includes potentially sensitive content related to Personal Safety (e.g., good tough/bad touch) and Substance Use and Abuse Prevention (e.g., alcohol, tobacco, and drug use), which is not part of the Manitoba curriculum for Grade 2. Depth and breadth of potentially sensitive content are to be determined at the local school/division level.

Suggested Use: Grade 2
Grade Group: K - 8
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Personal Health Practices
GLO 5: Active Living
GLO 5: Nutrition
Date Recommended: 2002-May-01

McGraw-Hill Health Series: McGraw-Hill Health Grade Three. Student Book (Print-Integrated Resource). Giarratano-Russell, Susan C. (McGraw-Hill Health Series). McGraw-Hill Ryerson Limited (MHR), 2000. 306 p. ISBN 0-02-276417-8.

This student text is a comprehensive resource for most health-related learning outcomes in the Manitoba curriculum for Grade 3.

Cautions: This resource includes content related to Personal Safety, Substance Use and Abuse Prevention, and HIV and AIDS. The topic of HIV and AIDS is not part of the Manitoba curriculum for Grade 3. Depth and breadth of potentially sensitive content are to be determined at the local school/division level.

Suggested Use: Grade 3
Grade Group: K - 8
Student - Breadth and Depth
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Personal Health Practices
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Substance Use and Abuse Prevention

Date Recommended: 2002-May-01

McGraw-Hill Health Series: McGraw-Hill Health Grade Three. Teacher's Blackline Masters (Print-Integrated Resource). Giarratano-Russell, Susan C. (McGraw-Hill Health Series). McGraw-Hill Ryerson Limited (MHR), 2000. ISBN 0-02-2768777-7.
These blackline masters (BLMs) are designed to match lesson outcomes from the Grade 3 Teacher's Edition and promote making curricular connections. They are labelled according to chapters and include practice, assessment, and home/school connection worksheets. Most are paper and pencil tasks.

Cautions: The BLMs support the topics of HIV and AIDS and Substance Use and Abuse Prevention. Depth and breadth of potentially sensitive content are to be determined at the local school/division level.

Suggested Use: Grade 3
Grade Group: K - 8
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Personal Health Practices
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2002-May-01

McGraw-Hill Health Series: McGraw-Hill Health Grade Three. Teacher's Edition (Print-Integrated Resource). Giarratano-Russell, Susan C. (McGraw-Hill Health Series). McGraw-Hill Ryerson Limited (MHR), 1999. 306 p. ISBN 0-02-276431-3.

This Teacher's Edition is a comprehensive resource for most health-related learning outcomes in the Manitoba curriculum for Grade 3.

Cautions: This resource includes potentially sensitive content related to HIV and AIDS, which is not part of the Manitoba curriculum for Grade 3. Depth and breadth of potentially sensitive content are to be determined at the local school/division level.

Suggested Use: Grade 3
Grade Group: K - 8
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Personal Health Practices
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2002-May-01

McGraw-Hill Health Series: McGraw-Hill Health Grade Four. Student Book (Print-Integrated Resource). Giarratano-Russell, Susan C. (McGraw-Hill Health Series). McGraw-Hill Ryerson Limited (MHR), 2000. 339 p. ISBN 0-02-276418-6.

This student text is a comprehensive resource for most health-related learning outcomes in the Manitoba curriculum for Grades 4 and 5.

Cautions: This resource includes content related to HIV and AIDS and Substance Use and Abuse Prevention, topics that are not part of the Manitoba curriculum for Grade 4. Depth and breadth of potentially sensitive content are to be determined at the local school/division level.

Suggested Use: Grade 4; Grade 5
Grade Group: K - 8
Student - Breadth and Depth
GLO 2: Fitness Management Knowledge
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Personal Health Practices
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2002-May-01

McGraw-Hill Health Series: McGraw-Hill Health Grade Four. Teacher's Blackline Masters (Print-Integrated Resource). Giarratano-Russell, Susan C. (McGraw-Hill Health Series). McGraw-Hill Ryerson Limited (MHR), 2000. ISBN 0-02-276878-5.

These blackline masters (BLMs) are designed to match lesson outcomes from the Grade 4 Teacher's Edition and promote making curricular connections. They are labelled according to chapters and include practice, assessment, and home/school connection worksheets. Most are paper and pencil tasks.

Cautions: The BLMs that support the topics of HIV and AIDS and Substance Use and Abuse Prevention are not congruent with the Manitoba curriculum for Grade 4.

Suggested Use: Grade 4
Grade Group: K - 8
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Personal Health Practices
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2002-May-01

McGraw-Hill Health Series: McGraw-Hill Health Grade Four. Teacher's Edition (Print-Integrated Resource). Giarratano-Russell, Susan C. (McGraw-Hill Health Series). McGraw-Hill Ryerson Limited (MHR), 2000. 339 p. ISBN 0-02-276432-1.

This Teacher's Edition is a comprehensive resource for most health-related learning outcomes in the Manitoba curriculum for Grades 4 and 5.

Cautions: This resource includes content related to HIV and AIDS and Substance Use and Abuse Prevention, which is not applicable to Grade 4 but matches the Grade 5 learning outcomes in the Manitoba curriculum. Depth and breadth of potentially sensitive content are to be determined at the local school/division level.

Suggested Use: Grade 4; Grade 5
Grade Group: K - 8
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Personal Health Practices
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2002-May-01

McGraw-Hill Health Series: McGraw-Hill Health Grade Five. Student Book (Print-Integrated Resource). Giarratano-Russell, Susan C. (McGraw-Hill Health Series). McGraw-Hill Ryerson Limited (MHR), 2000. 356 p. ISBN 0-02-276419-4.

This student text is a comprehensive resource for most health-related learning outcomes in the Manitoba curriculum for Grade 5, with the exception of human reproduction.

Cautions: This resource addresses topics such as HIV and AIDS and Substance Use and Abuse Prevention, but provides little content on human reproduction. Depth and breadth of potentially sensitive content are to be determined at the local school/division level.

Suggested Use: Grade 5
Grade Group: K - 8
Student - Breadth and Depth
GLO 2: Fitness Management Knowledge
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Personal Health Practices
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Substance Use and Abuse Prevention
GLO 5: Human Sexuality
Date Recommended: 2002-May-01

McGraw-Hill Health Series: McGraw-Hill Health Grade Five. Teacher's Blackline Masters (Print-Integrated Resource). Giarratano-Russell, Susan C. (McGraw-Hill Health Series). McGraw-Hill Ryerson Limited (MHR), 2000. ISBN 0-02-276879-3.

These blackline masters (BLMs) support most of the health-related learning outcomes in the Manitoba curriculum for Grades 4 to 6. The BLMs are designed to match lesson outcomes from the Grade 5 Teacher's Edition and promote making curricular connections. They are labelled according to chapters and include practice, assessment, and home/school connection worksheets. Most are paper and pencil tasks.

Cautions: The BLMs support the topics of HIV and AIDS and Substance Use and Abuse Prevention. Depth and breadth of potentially sensitive content are to be determined at the local school/division level, using the scope and sequence charts in the Manitoba curriculum as a baseline.

Suggested Use: Grade 5
Grade Group: K - 8
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Personal Health Practices
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Substance Use and Abuse Prevention
GLO 5: Human Sexuality
Date Recommended: 2002-May-01

McGraw-Hill Health Series: McGraw-Hill Health Grade Five. Teacher's Edition (Print-Integrated Resource). Giarratano-Russell, Susan C. (McGraw-Hill Health Series). McGraw-Hill Ryerson Limited (MHR), 2000. ISBN 0-02-276433-X.

This Teacher's Edition is a comprehensive resource for most health-related learning outcomes in the Manitoba curriculum for Grade 5.

Cautions: This resource discusses HIV and AIDS, Substance Use and Abuse Prevention (alcohol, tobacco, and drugs), and Personal Safety. It does not include in-depth information related to human reproduction/sexuality. Depth and breadth of potentially sensitive content are to be determined at the local school/division level.

Suggested Use: Grade 5
Grade Group: K - 8
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Personal Health Practices
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Substance Use and Abuse Prevention
GLO 5: Human Sexuality
Date Recommended: 2002-May-01

McGraw-Hill Health Series: McGraw-Hill Health Grade Six. Student Book (Print-Integrated Resource). Giarratano-Russell, Susan C. (McGraw-Hill Health Series). McGraw-Hill Ryerson Limited (MHR), 2000. 372 p. ISBN 0-02-276420-8.

This student text is a comprehensive resource for most health-related learning outcomes in the Manitoba curriculum for Grade 6, with the exception of areas related to fitness assessment and analysis and healthy eating habits specific to bone development.

Cautions: This resource includes content related to Substance Use and Abuse Prevention and HIV and AIDS, which is not part of the Manitoba curriculum for Grade 6. Depth and breadth of potentially sensitive content are to be determined at the local school/division level.

Suggested Use: Grade 6
Grade Group: K - 8
Student - Breadth and Depth
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development

GLO 4: Personal and Social Management Skills
GLO 5: Personal Health Practices
GLO 5: Active Living
GLO 5: Nutrition
Date Recommended: 2002-May-01

McGraw-Hill Health Series: McGraw-Hill Health Grade Six. Teacher's Blackline Masters (Print-Integrated Resource). Giarratano-Russell, Susan C. (McGraw-Hill Health Series). McGraw-Hill Ryerson Limited (MHR), 2000. ISBN 0-02-276881-5.

These blackline masters (BLMs) are designed to match lesson outcomes from the Grade 6 Teacher's Edition and promote making curricular connections. They are labelled according to chapters and include practice, assessment, and home/school connection worksheets. Most are paper and pencil tasks.

Cautions: The BLMs that support the topics of HIV and AIDS and Substance Use and Abuse Prevention are not congruent with the Manitoba curriculum for Grade 6.

Suggested Use: Grade 6
Grade Group: K - 8
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Personal Health Practices
GLO 5: Active Living
GLO 5: Nutrition
Date Recommended: 2002-May-01

McGraw-Hill Health Series: McGraw-Hill Health Grade Six. Teacher's Edition (Print-Integrated Resource). Giarratano-Russell, Susan C. (McGraw-Hill Health Series). McGraw-Hill Ryerson Limited (MHR), 2000. ISBN 0-02-276434-8.

This Teacher's Edition is a comprehensive resource for most health-related learning outcomes in the Manitoba curriculum for Grade 6, with the exception of areas related to fitness assessment and analysis and healthy eating habits for bone development.

Cautions: This resource includes content related to Substance Use and Abuse Prevention and HIV and AIDS, which is not part of the Manitoba curriculum for Grade 6. This may be a concern if the accompanying student text is being used. Depth and breadth of potentially sensitive content are to be determined at the local school/division level.

Suggested Use: Grade 6
Grade Group: K - 8
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Personal Health Practices
GLO 5: Active Living
GLO 5: Nutrition
Date Recommended: 2002-May-01

McGraw-Hill Ryerson Health Issues (Print-Integrated Resource). Johansson, Jaime. (McGraw-Hill Ryerson Health Issues series). McGraw-Hill Ryerson Limited (MHR).

This Canadian series for Grades 7 to 9 includes a Student Book and an accompanying Teacher's Resource Guide with a CD-ROM for each grade. The content of both the student and teacher resources is organized into three sections: Wellness, Relationships, and Life Learning. The student resource is an anthology of articles and anecdotes, poems and plays, and studies and stories addressing health issues pertaining to the three sections. The teacher resource provides activities for the literature selections in the corresponding student text and includes a CD-ROM of blackline masters (BLMs).

For more information related to the recommended resources, please refer to the individual annotations.

Cautions: Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.

Date Recommended: 2003-May-01

McGraw-Hill Ryerson Health Issues 7 (Student Book) (Print-Integrated Resource). (McGraw-Hill Ryerson Health Issues). McGraw-Hill Ryerson Limited (MHR), 2002. 138 p. ISBN 0-07-091406-0.

The student anthology is designed for use in health education, in English language arts, or in both subject areas. It is divided into three sections: Wellness, Relationships, and Life Learning. Each section contains a variety of health-related articles and anecdotes, poems and plays, and studies and stories. These texts serve as activating strategies that provide students with opportunities to learn about making healthy choices for personal wellness, healthy relationships, and lifelong learning goals. Suggestions for follow-up activities are included with the teacher's resource.

Cautions: Students with lower reading levels may find this volume of literature to be intimidating. Teachers need to select stories for appropriateness and curriculum match. A section dealing with mental/emotional development relates to Manitoba's Grade 8 PE/HE curriculum.

Suggested Use: Grade 7
Grade Group: 5 – 8
Student - Breadth and Depth
GLO 3: Safety of Self and Others
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2003-May-01

McGraw-Hill Ryerson Health Issues 7: Teacher's Resource Guide (includes Blackline Masters CD-ROM) (Print-Integrated Resource). Johansson, Jaime. (McGraw-Hill Ryerson Health Issues). McGraw-Hill Ryerson Limited (MHR), 2002. 156 p. ISBN 0-07-091407-9.

This Canadian resource presents activities for the literature selections in the corresponding student text. It is organized in the same order as the student anthology, but with specific teaching suggestions provided for each reading selection. For each literature selection there is an overview (which includes background on content, links to other selections of similar content, and a list of key terms/concepts) and learning activities. The accompanying BLMs on CD-ROM include teacher information sheets, student self-assessment checklists, and teacher assessment rubrics for each of the assessment activities included. The BLM templates are available in several formats so that teachers may adapt/customize them for classroom use.

System Requirements: Windows 95, Word 98, Macintosh Microsoft Word 98, Adobe Acrobat Reader 4.0 (included).

Suggested Use: Grade 7
Grade Group: 5 – 8
Teacher Reference
GLO 3: Safety of Self and Others
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2003-May-01

McGraw-Hill Ryerson Health Issues 8 (Student Book) (Print-Integrated Resource). (McGraw-Hill Ryerson Health Issues). McGraw-Hill Ryerson Limited (MHR), 2002. 162 p. ISBN 0-07-091408-7.

The student anthology is designed for use in health education, in English language arts, or in both subject areas. It is divided into three sections: Wellness, Relationships, and Life Learning. Each section contains a variety of health-related articles and anecdotes, poems and plays, and studies and stories. These texts serve as activating strategies that provide students with opportunities to learn about making healthy choices for personal wellness, healthy relationships, and lifelong learning goals. Suggestions for follow-up activities are included with the teacher's resource.

Cautions: The story about an alcoholic parent may be sensitive for some readers. Based on the Scope and Sequence Charts, Substance Use and

Abuse Prevention is dealt with in Grade 7 and in Senior 1 in Manitoba's PE/HE curriculum.

Suggested Use: Grade 8
Grade Group: 5 – 8
Student - Breadth and Depth
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Nutrition
GLO 5: Personal Health Practices
Date Recommended: 2003-May-01

McGraw-Hill Ryerson Health Issues 8: Teacher's Resource Guide (includes Blackline Masters CD-ROM) (Print-Integrated Resource). Johansson, Jaime. (McGraw-Hill Ryerson Health Issues). McGraw-Hill Ryerson Limited (MHR), 2003. 144 p. ISBN 0-07-091409-5.

This Canadian resource presents activities for the literature selections in the corresponding student text. It is organized in the same order as the student anthology, but with specific teaching suggestions provided for each reading selection. For each literature selection there is an overview (which includes background on content, links to other selections of similar content, and a list of key terms/concepts) and learning activities. The accompanying BLMs on CD-ROM include teacher information sheets, student self-assessment checklists, and teacher assessment rubrics for each of the assessment activities included. The BLM templates are available in several formats so that teachers may adapt/customize them for classroom use.

System Requirements: Windows 95, Microsoft Word 98, Macintosh Microsoft Word 2001, Adobe Acrobat Reader 4.0 (included).

Suggested Use: Grade 8
Grade Group: 5 – 8
Teacher Reference
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Nutrition
GLO 5: Personal Health Practices
Date Recommended: 2003-May-01

McGraw-Hill Ryerson Health Issues 9 (Student Book) (Print-Integrated Resource). (McGraw-Hill Ryerson Health Issues). McGraw-Hill Ryerson Limited (MHR), 2002. 162 p. ISBN 0-07-091410-9.

The student anthology is designed for use in health education, in English language arts, or in both subject areas. It is divided into three sections: Wellness, Relationships, and Life Learning. Each section contains a variety of health-related articles and anecdotes, poems and plays, and studies and stories. These texts serve as activating strategies that provide students with opportunities to learn about making healthy choices for personal wellness, healthy relationships, and lifelong learning goals. Suggestions for follow-up activities are included with the teacher's resource.

Cautions: This resource includes content related to Substance Use and Abuse Prevention, specifically in the area of performance-enhancing drugs, which is part of Manitoba's PE/HE curriculum for Senior 1.

Suggested Use: Senior 1
Student - Breadth and Depth
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2003-May-01

McGraw-Hill Ryerson Health Issues 9: Teacher's Resource Guide (includes Blackline Masters CD-ROM) (Print-Integrated Resource). Johansson, Jaime. (McGraw-Hill Ryerson Health Issues). McGraw-Hill Ryerson Limited (MHR), 2003. 124 p. ISBN 0-07-091411-7.

This Canadian resource presents activities for the literature selections in the corresponding student text. It is organized in the same order as the student anthology, but with specific teaching suggestions provided for each reading selection. For each literature selection there is an overview (which includes background on content, links to other selections of similar content, and a list of key terms/concepts) and learning activities. The accompanying BLMs on CD-ROM include teacher information sheets, student self-assessment checklists, and teacher assessment rubrics for each of the assessment activities included. The BLM templates are available in several formats so that teachers may adapt/customize them for classroom use.

System Requirements: Windows 95, Microsoft Word 98, Macintosh Microsoft Word 2001, Adobe Acrobat Reader 4.0 (included).

Suggested Use: Senior 1
Teacher Reference
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2003-May-01

Me, My World, My Future (Print-Integrated Resource). Teen-Aid Inc. (Teen).

This program focuses on potentially sensitive content related to Human Sexuality, Substance Use and Abuse Prevention, and Personal Safety. Its philosophical approach is based on an "abstinence only" view, which does not include information on contraceptives. Authors take the position that contraceptive use by teens fails to prevent pregnancy and disease due to immature physiology and behaviour at this stage of life.

The set of resources includes a Teacher's Manual, a Student Guide, a teacher's copy of a Student Workbook, and Parent Grams. The Teacher's Manual contains 18 lessons with clear instructional goals and learner outcomes. The lessons address a variety of topics, including valuing self, family, relationships, decision making, friendship and dating, human reproduction, communication, drugs and alcohol, and nutrition. Concepts are clearly introduced, developed, and summarized. Each section of the Student Guide contains information and review questions related to the topics. The Student Workbook—Teacher's Copy includes supplementary activities.

For more information related to the recommended resources, please refer to the individual annotations.

Cautions: All information in this set of resources is American-based. The program addresses the following potentially sensitive topics: reproduction, pregnancy prevention, prevention of sexually transmitted infections (STIs) through abstinence, sexual exploitation, and substance use and abuse. Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.
Date Recommended: 2003-May-01

Me, My World, My Future: Parent Grams (Print-Integrated Resource). Teen-Aid Inc. (Teen), 1998. 50 p. ISBN 1-886148-06-6.

This collection of Parent Grams explains the classroom-based lesson objectives and provides a lesson summary and discussion questions for communication in the home to support the school-based and/or alternative-delivery program.

Suggested Use: Grade 7; Grade 8
Grade Group: 5 – 8
Teacher Reference; Parent – Support
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Human Sexuality
GLO 5: Nutrition
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2003-May-01

Me, My World, My Future: Student Guide (Print-Integrated Resource). Teen-Aid Inc. (Teen), 1998. 244 p. ISBN 1-886148-07-4.

Each lesson in the Student Guide presents information on a given topic, as well as review questions. Extension activities are presented for home study. A glossary of terms is included.

Suggested Use: Grade 7; Grade 8
Grade Group: 5 – 8
Student - Breadth and Depth
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Human Sexuality

GLO 5: Nutrition
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2003-May-01

Me, My World, My Future: Student Workbook (Print-Integrated Resource). Teen-Aid Inc. (Teen), 1998. 50 p. ISBN 1-886148-05-8.

Suggested Use: Grade 7; Grade 8
Grade Group: 5 – 8
Parent – Support
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Human Sexuality
GLO 5: Nutrition
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2003-May-01

Me, My World, My Future: Student Workbook–Teacher's Copy (Print-Integrated Resource). Teen-Aid Inc. (Teen), 1998. 50 p. ISBN 1-886148-04-X.

The teacher's copy of the Student Workbook is the answer key to the "consumable" Student Workbook. It is divided into sections that correspond with the lessons in the Teacher's Manual, with the purpose of reinforcing vocabulary and having students practise newly acquired personal and social skills through a variety of paper-and-pencil activities. Parents of students enrolled in an alternative delivery program could use this resource, along with the Student Workbook.

Suggested Use: Grade 7; Grade 8
Grade Group: 5 – 8
Teacher Reference; Parent - Support
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Human Sexuality
GLO 5: Nutrition
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2003-May-01

Me, My World, My Future: Teacher's Manual (Print-Integrated Resource). Teen-Aid Inc. (Teen), 1998. 442 p. ISBN 1-886148-02-1.

This manual, presented in a three-ring binder, expands upon the Student Guide. It has clear instructional goals and learner outcomes. The manual gives teachers the freedom to choose lessons that fit their school-based curriculum. Concepts are clearly introduced, developed, and summarized.

Suggested Use: Grade 7; Grade 8
Grade Group: 5 – 8
Teacher Reference
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Human Sexuality
GLO 5: Nutrition
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2003-May-01

Middle School Healthy Hearts in the Zone: A Heart Rate Monitoring Program for Lifelong Fitness (Print-Non-Fiction). Swaim, Deve, and Edwards, Sally. Human Kinetics Publishers, Inc. (HKB), 2002. 121 p. ISBN 0-7360-4176-1.

This book provides information to introduce the technology of heart-rate monitors. It helps teachers facilitate self-directed experiential learning that enables students to experience how physical activity influences heart health. Each unit has overall objectives and is divided into lessons. There are 17 lessons with pullout worksheets and activity logs and journals that emphasize self-directed learning, goal setting, and self-motivation. Each lesson is organized with the following headings: outcomes, materials, activities, assessment, and extension activities. The format is well organized and the graphics are clear.

Suggested Use: Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: 5 – 8
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 4: Personal Development

GLO 4: Personal and Social Management Skills
GLO 5: Active Living
Date Recommended: 2003-May-01

NICOteen™ Program (A Smoking Prevention Program) (Kit). BTIO Educational Products (TPU), 2001. ISBN J02-NP1001.

This comprehensive American-produced resource explores the physical, mental, social, and financial consequences of smoking through classroom teaching and a hands-on electronic simulation. It is applicable to Grade 7 learning outcomes on Substance Use and Abuse Prevention in Manitoba's PE/HE curriculum.

Through the use of handouts, discussion, activities, and hands-on participation in a smoking simulation, students are asked to analyze and experience a smoking addiction. The smoking simulator attempts to discourage smoking by requiring students to simulate the estimated amount of time an addicted smoker spends smoking each day. The experience includes an electronic tool that reports the cost of smoking and "Death Clock" value accumulated during the smoking simulation.

The teacher's resource materials include a video, surveys, smoking-information activities and worksheets, reproducible assessment materials, and a permission slip for parents to authorize student participation and to assume responsibility for the equipment. The accompanying video gives the teacher and students a clear and concise explanation of how to use the simulator and implement the program. Materials are well designed, current, and easy to use.

Cautions: Some of the phrases and examples are American-based.

Suggested Use: Grade 7
Grade Group: 5 – 8
Student - Depth; Teacher Reference
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2003-May-01

Nurturing Girlpower: Integrating Eating Disorder Prevention/Intervention Skills into Your Practice (Print-Non-Fiction). Friedman, Sandra. Salal Books (SLL), 2003. 164 p. ISBN 0-9698883-4-1.

This Canadian teacher reference addresses a range of issues related to weight, body image, self-esteem, and eating disorders, discusses risk factors, and contains information on prevention and intervention skills. The softcover resource includes topic-related activities, self-assessments, questionnaires, and other handouts, as well as a listing of resources, agencies, publications, videos, websites, and a variety of examples, many of which are Canadian-based. Although the main focus is on female issues, some references are made to male eating disorders, body image, and self-esteem issues.

Cautions: There is one reference to negative female images in the media that can be linked to violence against women and date rape. Steroid use is also mentioned. Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.

Suggested Use: Grade 7; Grade 8; Senior 1; Senior 2
Grade Group: 5 – 8
Teacher Reference
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Ontario Health and Physical Education Curriculum Support (Print-Non-Fiction). (Ontario Health and Physical Education Curriculum Support). Ophea (OPH).

This comprehensive Ontario-designed series consists of a resource for each grade from Kindergarten to Senior 2. The resources (black and white, three-hole punched) provide teachers with support materials that address most of the learning outcomes from GLOs 1, 2, 3, and 5 identified in the Manitoba curriculum. GLO 4 receives minimal attention. The resources show thoughtfulness and consideration for specific religious beliefs (e.g., Catholic faith) and promote parental, family, and community involvement.

Each grade-specific resource for **Kindergarten to Grade 8** contains information and activities organized within the following sections:

- Healthy Living
- Fitness Building Activities
- Indoor and Outdoor Games
- Movement Exploration
- Skill Building Activities

The **Grade 9-10 (S1-S2) Supplement** addresses the following strands:

- Healthy Living/Living Skills
- Active Living/Living Skills
- Physical Activity

The **Grade 10 (S2) Supplement** addresses the following strands:

- Physical Activity/Active Living/Living Skills
- Healthy Living
- Living Skills

Each section is well organized and presented in a unit and lesson format. Each lesson/subtask includes: assessment opportunities that may involve rubrics, checklists, or personal evaluations; teaching strategies (for warm-up, skill development, skill application, and cool-down); and extensions and teacher notes to facilitate teaching the unit. Appendices contain many additional blackline masters and yearly plans.

Cautions: The topics addressed in this grade-specific series align with the Ontario curriculum rather than the Manitoba curriculum. There are differences in scope and sequence, as well as in specific topic areas. For example, Substance Use and Abuse Prevention is addressed in every year rather than in alternate years. These are not in-depth resources for developing the GLO 4 Personal and Social Management Skills (e.g., stress-management skills within the Mental-Emotional Development strand). These resources include potentially sensitive content. Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.

Internet links have not been reviewed. The responsibility to evaluate these links rests with teachers.

Date Recommended: 2004-April-26

Ontario Health and Physical Education Curriculum Support: Kindergarten (Print-Non-Fiction). Ophea (OPH), 2000. 464 p. ISBN 0-921868-34-0

This Kindergarten document contains 10 theme activities based on seasons, holidays, 100th day of school, the sea, fairy tales, and occupations. Topics related to identifying feelings and emotions or stressful situations are not addressed.

Suggested Use: Kindergarten
Grade Group: K – 4
Teacher Reference
GLO 1: Alternative Pursuits
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Ontario Health and Physical Education Curriculum Support: Grade 1 (Print-Non-Fiction). Ophea (OPH), 2000. 624 p. ISBN 0-921868-35-9.

This Grade 1 resource offers units on introducing international, playground, and cooperative games and outdoor winter activities. There are also lessons and graphics related to reproductive body parts, a topic that is not part of the Manitoba curriculum outcomes for this grade.

Suggested Use: Grade 1

Grade Group: K – 4
Teacher Reference
GLO 1: Alternative Pursuits
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Ontario Health and Physical Education Curriculum Support: Grade 2 (Print-Picture Book). Ophea (OPH), 2000. 610 p. ISBN 0-921868-36-7.

This Grade 2 resource offers progressions in international, playground, and cooperative games and outdoor winter activities. Topics related to Substance Use and Abuse Prevention are addressed extensively in this document, but are not part of the Manitoba curriculum outcomes for this grade. There are no lessons on growth and human development.

Suggested Use: Grade 2
Grade Group: K – 4
Teacher Reference
GLO 1: Alternative Pursuits
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Ontario Health and Physical Education Curriculum Support: Grade 3 (Print-Non-Fiction). Ophea (OPH), 2000. 632 p. ISBN 0-921868-37-5.

This Grade 3 resource expands on international, playground, and cooperative games and outdoor winter activities. There are also lessons on human reproduction, a topic that is not part of the Manitoba curriculum outcomes for this grade.

Suggested Use: Grade 3
Grade Group: K – 4
Teacher Reference
GLO 1: Alternative Pursuits
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Ontario Health and Physical Education Curriculum Support: Grade 4 (Print-Non-Fiction). Ophea (OPH), 2000. 662 p. ISBN 0-921868-38-3.

This Grade 4 resource contains units on cooperative games and outdoor activities, including ice skating. At this level, sport-specific skill-building activities are introduced for dance, track and field, soccer, basketball, and volleyball. Topics related to Substance Use and Abuse Prevention are addressed extensively in this document, but are not part of the Manitoba curriculum for this grade. There are no lessons on stress management or water safety.

Suggested Use: Grade 4
Grade Group: K – 4
Teacher Reference
GLO 1: Alternative Pursuits
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 1: Sports/Games

GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Ontario Health and Physical Education Curriculum Support: Grade 5 (Print-Non-Fiction). Ophea (OPH), 2000. 682 p. ISBN 0-921868-39-1.

The five main sections in this Grade 5 resource address most of the learning outcomes identified in the Manitoba curriculum for this grade, except topics related to Personal and Social Management Skills (e.g., goal-setting and conflict-resolution skills).

Suggested Use: Grade 5
Grade Group: 5 – 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Human Sexuality
GLO 5: Nutrition
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Ontario Health and Physical Education Curriculum Support: Grade 6 (Print-Non-Fiction). Ophea (OPH), 2000. 665 p. ISBN 0-921868-40-5.

This Grade 6 resource expands upon the learning outcomes from previous grades. The five main sections in the Grade 6 resource address a wide range of learning outcomes identified in the Manitoba curriculum. Topics related to Substance Use and Abuse Prevention and reproduction are addressed in this document, but are not part of the Manitoba curriculum for this grade.

Suggested Use: Grade 6
Grade Group: 5 – 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Human Sexuality
GLO 5: Nutrition
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Ontario Health and Physical Education Curriculum Support: Grade 7 (Print-Non-Fiction). Ophea (OPH), 2000. 586 p. ISBN 0-921868-41-3.

This Grade 7 resource begins to move to more formal sports rather than lead-up activities (e.g., gymnastics, dance, track and field, soccer, flag football, volleyball, basketball).

Cautions: Sensitive topics (i.e., reproduction, prevention of pregnancy, STIs, HIV/AIDS, and Substance Use and Abuse Prevention) are included in this resource and are appropriate for the Grade 7 learning outcomes identified in the Manitoba curriculum. Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.

Suggested Use: Grade 7
Grade Group: 5 – 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 1: Sports/Games
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development

GLO 5: Human Sexuality
GLO 5: Nutrition
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Ontario Health and Physical Education Curriculum Support: Grade 8 (Print-Non-Fiction). Ophea (OPH), 2000. 605 p. ISBN 0-921868-42-1.

This Grade 8 resource contains the same sport unit as the Grade 7 resource, but at a more advanced level. In this resource, there is a match to GLOs 1, 3, and 5 (and a moderate match to GLO 4) in the Manitoba curriculum for this grade.

Cautions: The sensitive topics (e.g., prevention of pregnancy, STIs, HIV/AIDS, and Substance Use and Abuse Prevention) addressed in this resource are not part of the Manitoba curriculum for Grade 8. The resource discusses the issue of name-calling and abusive language, and addresses the misconception that HIV/AIDS is a homosexual disease. Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.

Suggested Use: Grade 8
Grade Group: 5 – 8
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Human Sexuality
GLO 5: Nutrition
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Ontario Health and Physical Education Curriculum Support: Grade 9-10 Supplement (Print-Non-Fiction). Ophea (OPH), 2000. ISBN 0-921868-43-X.

This comprehensive Canadian-based supplement is intended to provide teachers (Catholic and public) with support materials, which are compatible with the Manitoba curriculum. The Grade 9-10 Supplement contains 12 modules that incorporate healthy growth and sexuality, relationships and sexuality, substance use and abuse, personal safety, cardiopulmonary resuscitation (CPR), interactive games, physical fitness, invasion/territory games, net/wall games, striking/fielding games, target activities, and body-management activities. The resource provides a yearly plan.

Cautions: The Grade 9-10 Supplement shows reproductive system anatomy and addresses sexual orientation, sexual exploitation/assault, and the prevention of pregnancy, sexually transmitted infections (STIs), HIV/AIDS, and substance use and abuse. Potentially sensitive content matches the scope and sequence of the Manitoba curriculum. Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.

The supplement does not provide information on some strands/topics addressed in the Manitoba curriculum, such as the following:

- teamwork and fair play
- officiating skills
- exercise safety
- stress management
- food labelling

Suggested Use: Senior 1; Senior 2
Teacher Reference
GLO 1: Alternative Pursuits
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Human Sexuality
GLO 5: Nutrition
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention

Date Recommended: 2004-April-26

Ontario Health and Physical Education Curriculum Support: Grade 10 Supplement (Print-Non-Fiction). Ophea (OPH), 2000. ISBN 0-921868-44-8.

This Grade 10 Supplement contains six modules related to outdoor interactive activities, healthy eating, healthy sexuality, growth and sexuality, substance abuse, and conflict resolution. The Appendices are compatible with assessment and evaluation in the areas of ongoing fitness/ participation.

Cautions: The Grade 10 Supplement shows reproductive system anatomy and addresses sexual orientation, sexual exploitation/assault, and the prevention of pregnancy, sexually transmitted infections (STIs), HIV/AIDS, and substance use and abuse. Potentially sensitive content matches the scope and sequence of the Manitoba curriculum. Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.

The supplement does not provide information on some strands/topics addressed in the Manitoba curriculum, such as the following:

- teamwork and fair play
- officiating skills
- exercise safety
- stress management
- food labelling

Suggested Use: Senior 1; Senior 2
Teacher Reference
GLO 1: Alternative Pursuits
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Rhythmic/Gymnastics
GLO 1: Sports/Games
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Human Sexuality
GLO 5: Nutrition
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Personal Fitness: Looking Good—Feeling Good. Fifth Edition (Print-Integrated Resource). Williams, Charles S., et al. (Personal Fitness: Looking Good—Feeling Good). Kendall/Hunt Publishing Co. (KHP).

This comprehensive Personal Fitness series (consisting of a Student Edition, Transparencies, and a Teacher Edition that includes a Testbank CD, a Teacher Resource CD, and a Classroom Video DVD) addresses current fundamental topics in health-related physical fitness, nutrition, and stress. Promoting active and creative student engagement and learning, this series emphasizes individual personalities and attitudes to keep students involved in the learning process. It supports teachers in encouraging students to develop an individual optimum level of physical fitness, acquire knowledge of physical fitness concepts, and understand the significance of healthy lifestyle practices.

The resources provide clear and precise instructional goals and outcomes that are suitable for a wide range of learning and teaching styles. Gender equity and role portrayals are appropriate. The written material and video promote diverse beliefs and customs.

The layout and presentation of the resources are attractive, consistent, and easy to follow, the visuals in both the print text and DVD are effective, and the video narration is clear. The packaging, design, and durability of the product are suitable for classroom use.

Comment: A Student Activity Handbook is also available, but has not been reviewed.

Cautions: This series contains American-based research and statistics. Potentially sensitive material related to steroid use is included. The Classroom Video discusses weight management and body composition. The depiction of some body types in swimwear may be offensive to some viewers. Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.

Date Recommended: 2004-April-26

Personal Fitness: Looking Good—Feeling Good (Student Edition). Fifth Edition (Print-Integrated Resource). Williams, Charles S., et al. (Personal Fitness: Looking Good—Feeling Good). Kendall/Hunt Publishing Co. (KHP), 2005. 355 p. ISBN 0-7575-0467-1.

This hardcover text contains 14 well-designed and clearly organized chapters. Each chapter contains objectives that highlight what students are to look for when they read, chapter previews/overviews, vocabulary, and Internet resources. The text reminds students to establish goals for personal fitness and improvement and shows how goal setting applies to all of life's challenges.

Cautions: Internet links have not been reviewed. The responsibility to evaluate these links rests with teachers.

Suggested Use: Senior 1; Senior 2
Student - Breadth and Depth
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
Date Recommended: 2004-April-26

Personal Fitness: Looking Good—Feeling Good: Teacher Edition. Fifth Edition (Print-Integrated Resource). Williams, Charles S., et al. (Personal Fitness: Looking Good—Feeling Good). Kendall/Hunt Publishing Co. (KHP), 2005. 364 p. ISBN 0-7575-0982-7.

This comprehensive and vividly illustrated wrap-around Teacher Edition is divided into 14 chapters that align with the student text. Each chapter contains extensive information on a variety of topics organized within the following sections:

- Teacher Objectives
- DVD Introductions
- Technology Activities
- Teaching Aids
- Advocacy Suggestions
- Teacher Information
- Assignments

The Teacher Edition also includes the following components:

- **Teacher Resource CD**—includes blackline masters, interactive games, ideas on personal fitness for students with special needs, lesson plans, and PowerPoint presentations.
- **Testbank CD**—provides assessment strategies for students of all abilities.
- **Classroom Video (DVD)**—presents real-life scenarios related to major chapter concepts.

System Requirements:

Teacher Resource CD

- **Windows:** Windows 98, MB, 2000, XP, Pentium II 300 MHz, 128 MB RAM, display capable of 800x600 resolution at 16-bit colour, 8x or faster CD-ROM drive, sound card and speakers.
- **Macintosh:** Mac OS 8.6-9.2, 10.1-10.3, G3 Processor, 128 MB RAM, display capable of 800x600 resolution at thousands of colours, 8x or faster CD-ROM drive.

Testbank CD

- **Windows:** Windows 98, NT 4.0 with Service Pack 4, ME, 2000, or XP, 166 MHz Pentium processor, display with 65,536 colours and 800x600 resolution, 40 MB free hard disk space (10 MB required for student application), CD-ROM drive required for installation, printer required for reporting and other features, Internet Explorer 5.01 or later, Netscape 4.7 or later.
- **Macintosh:** Mac OS 8.6 through 9.2.2, or Mac OS X 10.2 and higher, 150 MHz Power PC processor (233 MHz PowerPC G3 processor for OS X), 32 MB RAM (128 MB RAM for OS X), display with 256 colours and 800x600 resolution, 40 MB free hard disk space (10 MB required for student application), CD-ROM drive required for installation, printer required for reporting and other features, Carbon Lib 1.6 or later (the application CD includes an installer for this), Internet Explorer 5.0 or later (OS 8.6-

9.22), Internet Explorer 5.1 or later (OS X 10.2 or later), Netscape 4.76 or later (OS 8.6-9.22), Netscape 6.1 or later (OS X 10.2 or later).

Suggested Use: Senior 1; Senior 2
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
Date Recommended: 2004-April-26

Personal Fitness: Looking Good—Feeling Good: Transparencies. Fifth Edition (Print-Integrated Resource). Williams, Charles S., et al. (Personal Fitness: Looking Good—Feeling Good). Kendall/Hunt Publishing Co. (KHP), 2005. ISBN 0-7575-0801-4.

This three-hole punched softcover text contains 49 illustrated (coloured) transparencies that provide visual representations related to selected topics in each of the 14 chapters of the teacher and student resources. The transparencies provide current and pertinent information to help students establish healthier lifestyle practices.

Suggested Use: Senior 1; Senior 2
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
Date Recommended: 2004-April-26

Planet Health: An Interdisciplinary Curriculum for Teaching Middle School Nutrition and Physical Activity (Print-Non-Fiction). Carter, Jill. Human Kinetics Publishers, Inc. (HKB), 2001. 523 p. ISBN 0-7360-3105-7.

This teacher resource is a compilation of 63 classroom-based lessons and 30 micro lessons that focus on an interdisciplinary approach to health education. While encouraging students to think holistically about how health behaviours are interrelated, this resource specifically addresses the topics of nutrition and physical activity, as well as building skills and competencies for English language arts, mathematics, science, social studies, and physical education. Lessons begin by activating and assessing students' prior knowledge, followed by inquiry-based activities in which students read, write, speak, listen, experiment, and reflect. *Planet Health* provides a range of teacher and student resources to support the inquiry activities. This well-organized teacher resource also provides many tables, charts, and blackline masters for classroom use.

Cautions: The measurements, nutrition information, and outcomes and standards are American-based.

Suggested Use: Grade 6; Grade 7; Grade 8
Grade Group: 5 – 8
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 4: Personal and Social Management Skills
GLO 5: Active Living
GLO 5: Personal Health Practices
GLO 5: Nutrition
Date Recommended: 2003-May-01

Prentice Hall Health: Skills for Wellness
(Print-Integrated Resource). (Prentice Hall Health: Skills for Wellness series). Prentice Hall Inc. (PRN).

The *Prentice Hall Health* series consists of the following components:

- Student Edition
- Teacher's Edition
- Classroom Manager
- Teaching Resources
- Colour Transparency Book

This comprehensive series guides adolescent students in making responsible decisions and developing behaviours that promote healthy lifestyle practices. The resources promote an "abstinence only" approach. The instructional materials serve as a planning guide for teachers, providing background information on a variety of topics, teaching strategies and notes, unit outlines, lesson guides, and classroom activities that emphasize group interactivity, independent learning, and student creativity. Handouts and blackline masters are included. This series encourages parental, family, and community involvement.

The resources in this series can be purchased individually or as a set. The various components complement each other; however, the various teacher resources can be used separately, in conjunction with the student text. Teachers can readily access the content from a single resource or use all resources to provide in-depth units that meet students' needs. The resources make effective use of visuals (colour and graphics) and are well presented.

For more information related to the recommended resources, please refer to the individual annotations.

Cautions: The resource contents, statistics, and research are American-based. One reference is made to condoms (in connection with the prevention of AIDS). Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.

System Requirements: The Test Bank requires the following:

- **Windows:** Windows 95 or 98, Intel compatible 486/66 computer or faster, 16 MB of RAM, 35 MB hard disk space, 640 x 480 256-colour display, 2x CD-ROM drive.
- **Macintosh:** 68040 processor or faster, Macintosh, Power Macintosh, or compatible computer running System 7.5 or newer, 16 MB of RAM, 35 MB hard disk space, 640 x 480 256-colour display, 2x CD-ROM drive.

Date Recommended: 2003-May-01

Prentice Hall Health: Skills for Wellness: Classroom Manager (Print-Integrated Resource). (Prentice Hall Health: Skills for Wellness). Prentice Hall Inc. (PRN), 2001. 227 p. ISBN 0-13-043341-1.

This planning guide for teachers outlines lesson activities and provides instructions on where teachers can access other information from the series.

Suggested Use: Senior 1; Senior 2
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Human Sexuality
GLO 5: Nutrition
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2003-May-01

Prentice Hall Health: Skills for Wellness: Color Transparencies (Print-Integrated Resource). (Prentice Hall Health: Skills for Wellness). Prentice Hall Inc. (PRN), 2001. ISBN 0-13-043340-3.

This resource helps students visualize key concepts and interpret health information. It includes 60 transparencies of graphs, tables, and diagrams, with 60 corresponding worksheets that reinforce concepts and develop critical thinking.

Suggested Use: Senior 1; Senior 2
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Human Sexuality
GLO 5: Nutrition
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention

Date Recommended: 2003-May-01

Prentice Hall Health: Skills for Wellness: Student Edition. Third Edition (Print-Integrated Resource). (Prentice Hall Health: Skills for Wellness). Prentice Hall Inc. (PRN), 2001. 752 p. ISBN 0-13-052126-4.

This comprehensive student resource contains eight units (divided into 29 chapters) addressing the following health topics: Mental Health, Social Health, Human Development, Nutrition and Fitness, Substance Abuse, Preventing Disease, Environmental and Community Health, and Safety and First Aid.

Suggested Use: Senior 1; Senior 2
Student - Breadth and Depth
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Human Sexuality
GLO 5: Nutrition
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2003-May-01

Prentice Hall Health: Skills for Wellness: Teacher's Edition. Third Edition (Print-Integrated Resource). (Prentice Hall Health: Skills for Wellness). Prentice Hall Inc. (PRN), 2001. 752 p. ISBN 0-13-052124-8.

This teacher resource addresses learning outcomes in GLOs 2, 3, 4, and 5 in Manitoba's PE/HE curriculum. This book contains chapter planning guides corresponding to the chapters in the Student Edition to help customize lesson content, as well as supplemental readings and additional resources for each chapter.

Suggested Use: Senior 1; Senior 2
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Human Sexuality
GLO 5: Nutrition
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2003-May-01

Prentice Hall Health: Skills for Wellness: Teaching Resources (Print-Integrated Resource). (Prentice Hall Health: Skills for Wellness). Prentice Hall Inc. (PRN), 2001. ISBN 0-13-052405-0.

This resource complements and supports the Student Edition. It incorporates the following features, which include health information, teacher notes, worksheets, transparencies, blackline masters, and follow-up activities:

- Health Update Newsletter—contains current articles, news briefs, and information resources
- Health Skills and Study Skills—supports and reinforces concepts
- AIDS Component—promotes abstinence and prevention
- Family and Community Involvement—promotes student involvement
- 29 Chapter Support Files—contain personal inventories, overheads, practice, enrichment, and review activities, lesson quizzes, and chapter tests
- Computer Test Bank with CD-ROM—allows teachers to revise, edit, or scramble the chapter tests and design their own assessments

System Requirements: The Computer Test Bank requires the following:

- **Windows:** Windows 95 or 98, Intel compatible 486/66 computer or faster, 16 MB of RAM, 35 MB hard disk space, 640 x 480 256-colour display, 2x CD-ROM drive.
- **Macintosh:** 68040 processor or faster, Macintosh, Power Macintosh, or compatible computer running System 7.5 or newer, 16 MB of RAM, 35 MB hard disk space, 640 x 480 256-colour display, 2x CD-ROM drive.

Suggested Use: Senior 1; Senior 2
Teacher Reference

GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Human Sexuality
GLO 5: Nutrition
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2003-May-01

Sex, Drugs, and Rock and Roll: A Smart Teenager's Guide (Print-Non-Fiction). Ho, Barry M. Bartan Books (BART), 2003. 147 p. ISBN 0-9730056-0-2.

This comprehensive teacher resource (for use in Senior 1 and Senior 2) takes an abstinence plus approach to human sexuality education. It contains 11 chapters addressing topics such as puberty, sexuality, sexually transmitted infections (STIs), birth control methods, and drug use. The text concludes with various situational examples (case scenarios) of heterosexual relationships, which are intended to help students develop their decision-making skills.

Information in this softcover text is clear and concise. The resource does not contain any graphics or visuals, nor does it include a glossary or an index.

Cautions: The text includes content related to masturbation and the prevention of pregnancy, STIs, HIV/AIDS, and substance use and abuse. Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.

Suggested Use: Senior 1; Senior 2
Teacher Reference
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Human Sexuality
Date Recommended: 2004-April-26

Special Needs Science: Understanding Differences (Print-Non-Fiction). (Understanding Differences). Exclusive Educational Products (EEP), 2001. 122 p. Order no. 0120.

This teacher resource promotes tolerance, appreciation, and a greater understanding of students with special needs (i.e., vision, hearing, mobility). Appreciation of differences is developed through scientific explanations and enjoyable assimilated learning activities. Students learn about people's physical challenges, existing barriers, and ways to assist people with different needs. Reference is also made to allergies and other health conditions, with websites providing up-to-date support for parents, teachers, and students.

The suggested learning and assessment strategies could be adapted across the grades. The resource supports integration across subject areas, particularly with science (when dealing with the topic The Senses) and English language arts (GLO1—Explore thoughts, ideas, feelings, and experiences).

This resource binder is easy to use, and includes clear black and white diagrams and illustrations.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4; Grade 5; Grade 6; Grade 7; Grade 8
Grade Group: K - 8
Teacher Reference
Special Needs
GLO 1: Sports/Games
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
Date Recommended: 2002-May-01

Strengthening Your Physical Education Program with Innovative Fitness Strategies and Activities (Grades 6-12) (Print-Non-Fiction). Thompson, Carolyn. Bonnie's Fitware, Inc. (BonFit), 1998. 111 p. ISBN 1-893166-27-9.

Dealing primarily with individual fitness management and wellness promotion, this resource provides teachers with support and a variety of tools (e.g., resistance tubing, heart-rate monitors) for implementing fitness outcomes in their physical education programs. Fitness activities include circuits and resistance training, as well as assessment of these activities. Several reproducible worksheets are included. Teachers have the option of using an entire unit or an individual lesson on fitness. The resource may be helpful to beginning teachers.

Comments: Some of the black and white line drawings in this resource are difficult to interpret and may not relate to the context. Appropriate support material (e.g., background information) is not always provided.

Cautions: This resource is based on American content and statistics. Many pages must be adapted to the Manitoba context to maximize their effectiveness. The resource contains grammatical and spelling errors.

Suggested Use: Senior 1; Senior 2
Teacher Reference
GLO 1: Movement Knowledge
GLO 1: Rhythmic/Gymnastics
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
Date Recommended: 2003-May-01

The Tough Stuff Series: Immediate Guidance for Troubled Students: Educator Guide (Print-Non-Fiction). (Tough Stuff Series). Bookworks (bwork), 2000. ISBN 1-880396-68-8.

This collection of student-guided journal workbooks is designed to help adolescents deal with real-life problems and issues using a student-centred approach. The resource is intended to serve as a "ready to use" instructional resource for teachers/counsellors for use with adolescents.

Workbook sections (divided by colour-coded tabs) include the following topics:

- Managing Stress
- Coping with Anxiety
- Controlling Your Weight
- Surviving Separation and Divorce
- Death of a Family Member
- Death of a Friend
- Understanding Anorexia
- Learning about Bulimia
- Dealing with Depression
- Controlling Panic
- Living with an Alcoholic Parent
- Overcoming Phobias

Each workbook section includes concrete information using a variety of learning activities. The reproducible pages and graphics in this binder are in black and white.

Cautions: Some of the graphics, as well as a statement within the section entitled "Living with an Alcoholic Parent," may be considered potentially sensitive.

Suggested Use: Grade 6; Grade 7; Grade 8
Grade Group: 5 - 8
Student - Breadth and Depth; Teacher Reference/Professional Development
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Personal Health Practices
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2002-May-01

Treasure for Lunch (Print-Picture Book). Nanji, Shenaaz. Second Story Press (UTP), 2000. ISBN 1-896764-32-0.

This multi-ethnic and socially conscious Canadian picture book with its colourful illustrations sensitively portrays cultural diversity in relation to school lunches.

Comment: This resource is suitable for integration with English language arts.

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4

Grade Group: K – 4
Student – Depth
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Nutrition
Date Recommended: 2004-April-26

Victoria's Smile (Print-Picture Book). Geller, Rita. Scholastic Canada Ltd. (SCH), 1995. ISBN 0-439-31905-6.

This softcover picture book portrays a factually accurate story of a young girl's experience with classmates in a new school of her treatment with a cancerous tumour and its effects on her appearance. The resource is age and grade appropriate. Victoria's classmates provided illustrations, including drawings of both girls and boys, to add a unique perspective to the story.

Comment: This resource is suitable for integration with English language arts.

Cautions: This subject matter should be treated with sensitivity.

Suggested Use: Grade 2; Grade 3; Grade 4
Grade Group: K – 4
Student – Depth
GLO 4: Mental-Emotional Development
Date Recommended: 2004-April-26

Walking Games and Activities (Print-Non-Fiction). Decker, June Irene. Human Kinetics Publishers, Inc. (HKB), 2002. 163 p. ISBN 0-7360-3430-7.

This in-depth guide to walking-based games and activities contains 40 ready-to-use activities (along with a quick activity finder) that reinforce basic fitness principles and concepts, nutrition, stress management, and specific walking techniques. The resource also provides blackline masters for learning and assessment activities. Sample scope and sequence units for elementary, middle, and high school are included.

Cautions: Activities that address body image and weight management should be treated with sensitivity. The nutrition information in this resource is American-based.

Suggested Use: Grade 1; Grade 2; Grade 3; Grade 4; Grade 5; Grade 6; Grade 7; Grade 8; Senior 1; Senior 2
Grade Group: K – 8
Teacher Reference; Parent – Support
GLO 1: Movement Knowledge
GLO 1: Movement Skills
GLO 1: Alternative Pursuits
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
GLO 4: Personal Development
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 5: Active Living
GLO 5: Personal Health Practices
Date Recommended: 2002-May-01
Date Recommended: 2003-May-01

Whether in, on, or around Water: Safety before Fun Series (Print-Integrated Resource). (Whether in, on, or around Water: Safety before Fun Series). Societe de Sauvetage (LIFE).

This water safety series includes four Teaching Guides with student activity pages (one for each of Grades 3, 4, 5, and 6), two videos (one for Grades 3 and 4, and one for Grades 5 and 6), and a CD-ROM. The resources can be purchased as a set, or each piece individually.

The videos and Teaching Guides explore 10 water safety themes across the grades:

- Learn to Swim
- Wear a Lifejacket or PFD
- Learn to Float
- Reach, Throw, or Row
- Look before You Leap
- Don't Overload Your Boat
- Stay with Your Boat
- Learn the Boating Rules of the Road
- Alcohol, Drugs, and Boating Don't Mix
- Be Polite, Don't Pollute

General Resource Descriptions

General descriptions of the water safety resources follow. For more detailed information and cautions about specific resources, please refer to the individual annotations.

Teaching Guides: The Teaching Guide for each grade supports the *Water Smart/Aqua Bon* video, but could be used alone. Each eight-page guide contains an introduction, drowning statistics, student objectives, situation scenarios, and five grade-specific student learning activities for each water safety theme. The accompanying student and parent activities are reproducible. The guide includes additional references and information available on the topic.

This resource is current, accurate, and Canadian. The colourful graphics in each Teaching Guide are appealing and age appropriate. Information on student activity pages is crowded and the font size is small. These pages appear "busy."

Water Smart/Aqua Bon (Videos): The two videos (for Grades 3 and 4 and for Grades 5 and 6) identify water safety rules, water hazards, and practices related to water safety activities for swimming and boating. The English version of this video (filmed in Quebec) follows the French version on the same videocassette.

These current and accurate water safety videos, featuring music, colour, and graphics, are relevant, meaningful, and appealing for students. However, there is little evidence of diversity or multiculturalism.

CD-ROM: The CD-ROM supports the water safety learning outcomes at Grades 4, 5, and 7, and Prevention and Care of Hypothermia at Grades 6 and 7. It contains information on the following topics:

- Water Smart: Swimming; Floating; Diving; Sun Protection; and PFDs and Life Jackets
- Water Safety: Pools; Beaches; Water Rescue; Environment
- Boat Safety: Be Boat Smart; Before Departure; On the Water; Accidents; Hypothermia

Each topic includes factual information, notes to parents, fact bubbles, movie clips, and quizzes.

This Canadian resource for teaching water safety and/or hypothermia is current and accurate. It is highly interactive and user friendly. However, there is little evidence of diversity or multiculturalism.

Date Recommended: 2002-May-01

Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 3 Teaching Guide (Print-Integrated Resource). (Whether in, on, or around Water: Safety before Fun Series). Societe de Sauvetage (LIFE), 2001. 8 p.

This guide explores 10 water safety themes with learning experiences applicable to Grade 3.

Cautions: The "Alcohol, Drugs, and Boating Don't Mix" theme contains potentially sensitive/controversial information about the effects of alcohol and drugs on the body. Depth and breadth of potentially sensitive content are to be determined at the local school/division level.

Suggested Use: Grade 3
Grade Group: K - 8
Student - Depth; Teacher Reference; Parent - Support
GLO 1: Alternative Pursuits
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
Date Recommended: 2002-May-01

Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 4 Teaching Guide (Print-Integrated Resource). (Whether in, on, or around Water: Safety before Fun Series). Societe de Sauvetage (LIFE), 2001. 8 p.

This guide explores 10 water safety themes with learning experiences applicable to Grade 4.

Cautions: The "Alcohol, Drugs, and Boating Don't Mix" theme contains potentially sensitive/controversial information about the effects of alcohol and drugs on the body. Depth and breadth of potentially sensitive content are to be determined at the local school/division level.

Suggested Use: Grade 4
Grade Group: K - 8
Student - Depth; Teacher Reference; Parent - Support
GLO 1: Alternative Pursuits
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
Date Recommended: 2002-May-01

Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 5 Teaching Guide (Print-Integrated Resource). (Whether in, on, or around Water: Safety before Fun Series). Societe de Sauvetage (LIFE), 2001. 8 p.

This guide explores 10 water safety themes with learning experiences applicable to Grade 5.

Cautions: The "Alcohol, Drugs, and Boating Don't Mix" theme contains potentially sensitive/controversial information about the effects of alcohol and drugs on the body. Depth and breadth of potentially sensitive content are to be determined at the local school/division level.

Suggested Use: Grade 5
Grade Group: K - 8
Student - Depth; Teacher Reference; Parent - Support
GLO 1: Alternative Pursuits
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
Date Recommended: 2002-May-01

Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 6 Teaching Guide (Print-Integrated Resource). (Whether in, on, or around Water: Safety before Fun Series). Societe de Sauvetage (LIFE), 2001. 8 p.

This guide explores 10 water safety themes with learning experiences applicable to Grade 6.

Cautions: The "Alcohol, Drugs, and Boating Don't Mix" theme contains potentially sensitive/controversial information about the effects of alcohol and drugs on the body. This is not part of the Manitoba curriculum for Grade 6. Depth and breadth of potentially sensitive content are to be determined at the local school/division level.

Suggested Use: Grade 6
Grade Group: K - 8
Student - Depth; Teacher Reference; Parent - Support
GLO 1: Alternative Pursuits
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
Date Recommended: 2002-May-01

Whether in, on, or around Water: Safety before Fun Series: Info Marine: Safety before Fun (CD-ROM) (Print-Integrated Resource). (Whether in, on, or around Water: Safety before Fun Series). Societe de Sauvetage (LIFE), 2001.

This CD-ROM contains information on water and boating safety. Due to the advanced reading level, this resource is suitable as a teacher reference, or as a teacher-directed resource for Grades 4 to 6. At Grade 7, it would be suitable as a student resource.

System Requirements: Pentium processor; Windows 95/98; sound card.

Suggested Use: Grade 4; Grade 5; Grade 6; Grade 7
Grade Group: K - 8
Student - Depth; Teacher Reference
GLO 1: Alternative Pursuits
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
Date Recommended: 2002-May-01

Whether in, on, or around Water: Safety before Fun Series: Water Smart / Aqua Bon Elementary Grades 3 - 4 (Print-Integrated Resource). (Whether in, on, or around Water: Safety before Fun Series). Societe de Sauvetage (LIFE), 2001. 15 minutes.

This video identifies water safety rules, water hazards, and practices related to water safety activities for swimming and boating. It is relevant, meaningful, and appropriate for Grade 4 students.

Suggested Use: Grade 4
Grade Group: K - 4
Student - Depth
GLO 1: Alternative Pursuits
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
Date Recommended: 2002-May-01

Whether in, on, or around Water: Safety before Fun Series: Water Smart / Aqua Bon Elementary Grades 5 - 6 (Print-Integrated Resource). (Whether in, on, or around Water: Safety before Fun Series). Societe de Sauvetage (LIFE), 2001. 27 minutes.

This video identifies water safety rules, water hazards, and practices related to water safety activities for swimming and boating. It is relevant, meaningful, and appropriate for Grade 5 students.

Cautions: The "Alcohol, Drugs, and Boating Don't Mix" theme advocates moderation rather than abstaining from alcohol when boating. As this is theme 9, the video could easily be ended after theme 8, thus eliminating this issue if the content is considered sensitive/controversial. Depth and breadth of potentially sensitive content are to be determined at the local school/division level.

Suggested Use: Grade 5
Grade Group: 5 - 8
Student - Depth
GLO 1: Alternative Pursuits
GLO 3: Physical Activity Risk Management
GLO 3: Safety of Self and Others
Date Recommended: 2002-May-01

Why Smoking Kills (CD-ROM). TiriMedisc (TIRI), 2002.

This Canadian resource provides detailed factual information on smoking and the damage it causes. It presents a series of labelled, coloured diagrams/slides about smoking and its effects on the body, each accompanied by information in text format. There are cross-curricular connections with the Grade 8 science curriculum.

This in-depth resource contains a teacher/parent booklet, a CD-ROM, and screen prints of the CD-ROM slides. The teacher/parent booklet contains additional notes not provided in the screen prints and the CD-ROM.

Cautions: Due to the depth of the content, teachers may wish to review the resource to determine its appropriateness for student use.

System Requirements: The program on CD-ROM can run directly from the disk, and does not require installation. Windows 95/98/ME/NT/XP.

Suggested Use: Grade 7
Grade Group: 5 - 8
Student - Depth; Teacher Reference
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2002-May-01

Your Health (Print-Integrated Resource). (Your Health). Holt, Rinehart & Winston (HBJ).

Your Health resources for Grade 1 to Grade 6 are congruent with most health-related learning outcomes in GLOs 3, 4, and 5 identified in the Manitoba curriculum for these grades. Health-related topics in both the teacher and student resources for each grade are organized in the following eight content areas:

- Emotional, Intellectual, and Social Health
- Growth and Development
- Personal Health and Physical Fitness
- Nutrition
- Disease Prevention and Control
- Drug Use Prevention
- Injury Prevention
- Community and Environmental Health

The resources include appealing, colourful, bias-free illustrations and photographs and promote parental, family, and community involvement. Lessons contain many activities suitable for various learning styles and abilities, and provide many suggestions for making cross-curricular connections.

Resource Components

The **Grades 1 and 2** resources contain the following recommended components:

- **Student Book** (The reading level in the Student Books is advanced—not recommended as a class set.)
- **Big Book** (The Big Books are colourful, large-format, alternate versions of the Student Books.)
- **Big Book Teacher's Guide** (The Teacher's Guides can also be found with the Teacher's Editions.)
- **Teacher's Edition** (The Teacher's Editions support the Student Books, Big Book lessons, and Read-Along Anthology of poems and songs.)

- **Teaching Resources** (The Teaching Resources include School-Home Connection Letters, Take-Home Booklets, and reproducible copies of the Health Handbook from the Student Books.)
- **Assessment Guide** (The Assessment Guides include chapter tests and project evaluation sheets.)
- **Teaching Transparencies with Accompanying Copying Masters**

The **Grades 3 to 6** resources contain the following recommended components:

- **Student Book** (The reading level of the Student Books is advanced—not recommended as a class set.)
- **Teacher's Edition** (The Teacher's Editions support the Student Books, Read-Along Anthology, and Teacher's Reference Section.)
- **Teaching Resources** (The Teaching Resources include School-Home Connection Letters, Take-Home Booklets, and reproducible copies of the Health Handbook from the Student Books.)
- **Assessment Guide** (The Assessment Guides include chapter tests and project evaluation sheets.)
- **Teaching Transparencies with Accompanying Copying Masters**

Comment: A consumable Activity Book is available for each grade, but these resources have not been reviewed.

General Cautions: Teachers are encouraged to check the scope and sequence charts within these resources and compare them to Manitoba's scope and sequence charts to align the curriculum content. Your Health resources include potentially sensitive content related to Substance Use and Abuse Prevention (alcohol, tobacco, and drugs) in every grade, which is not congruent with the Manitoba curriculum. Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.

As well, the Fitness Testing and the President's Challenge Award Program in these American-based resources do not align with Manitoba's curriculum unless they are implemented from a personal goal-setting/planning perspective for Grade 4 and up. All information related to measurement and nutrition is also American-based.

These resources do not discuss safety rules related to physical activity and exercise.

General Resource Descriptions

General descriptions of the student and teacher resources follow. For more detailed information (including cautions), please refer to the individual annotations.

Your Health: Student Books (Grades 1 and 2)

Focusing on specific health topics, the nine chapters in the comprehensive, hardcover Student Books contain lessons that include informational text and activities, as well as specific "Check" questions. Each chapter ends with a life-skills assignment and a review. The print is easy to read and is illustrated with a rich variety of brightly coloured cartoons, diagrams, photographs, and tables.

Your Health: Big Books (Grades 1 and 2)

The Big Books for Grades 1 and 2 are large-format (38 cm by 45 cm) modified versions of the Student Books for the same grades. The Big Books are suitable for a teacher to hold up and show/read to the class. The Big Books can stand alone with the use of the Big Book Teacher's Guides. The Big Book Teacher's Guides can also be found in the Teacher's Editions.

Your Health: Student Books (Grades 3 to 6)

Focusing on specific health topics, the nine chapters in the comprehensive, hardcover Student Books contain lessons that include informational text, lesson check-ups, and life-skills assignments. Each chapter ends with a review and test. The print is easy to read and is illustrated with a rich variety of brightly coloured cartoons, diagrams, photographs, and tables.

Your Health: Big Book Teacher's Guides (Grades 1 and 2)

The Big Book Teacher's Guides contain complete lesson plans divided into three main areas:

Motivate, Teach, and Wrap Up. Also included are a Lesson Objective, Program Resources, Vocabulary, and Materials to Be Used. To support individualized instruction, the lessons offer suggestions for cross-curricular activities, multicultural links, a daily safety tip, and multilevel activities. These resources promote critical thinking, research skills, problem solving, and active learning through interactive learning strategies and assessments for use in the classroom. The coil-bound Teacher's Guides are easy to read and clearly organized, with student text inserts, indexes, and scope and sequence charts provided.

Your Health: Teacher's Editions (Grades 1 to 6)

The Teacher's Editions contain complete lesson plans divided into three main areas: Motivate, Teach, and Wrap Up related to the Student Books and Big Books (for Grades 1 and 2). Also included are a Lesson Objective, Program Resources, Vocabulary, and Materials to be Used. To support individualized instruction, the lessons offer suggestions for cross-curricular activities, multicultural links, a daily safety tip, multilevel activities, and thumbnail versions of blackline masters and assessment materials. These resources promote critical thinking, research skills, problem solving, and active learning through interactive learning strategies and assessments for use in the classroom. The coil-bound Teacher's Editions are easy to read and clearly organized, with student text inserts, indexes, and scope and sequence charts provided.

Your Health: Teaching Resources (Grades 1 to 6)

The Teaching Resources include the following components:

- Health Handout for Teachers
- School-Home Connection Letters (in English and Spanish)
- Take-Home Booklets
- Health Handbook from the Student Books
- Activity Book Answer Key

The three-hole punched books are perforated to allow removal of individual pages from the resources. The School-Home Connection Letters and Take-Home Booklets serve as blackline masters.

Your Health: Assessment Guides (Grades 1 to 6)

The Assessment Guides contain a variety of assessment tools organized in the following sections:

- Overview
- Daily Assessment and Classroom Observation
- Student Self-Assessment Checklists
- Portfolio Assessment
- Chapter Tests and Projects
- Chapter Tests and Project Evaluation Sheets
- Answer Key

The three-hole punched books are perforated to allow removal of individual pages for use as blackline masters or handouts. The tests contained within these resources are different than the tests contained within the Student Books.

Your Health: Teaching Transparencies with Accompanying Copying Masters (Grades 1 to 6)

These packages consist of colourful overhead transparencies of the labelled diagrams and matching copying masters of the diagrams without the labels for student use.

Date Recommended: 2004-April-26

Your Health: (Student Book) Grade 1 (Print-Integrated Resource). Gibbons, Charlie, et al. (Your Health). Holt, Rinehart & Winston (HBJ), 2003. 224 p. ISBN 0-15-334300-1.

Focusing on specific health topics, the nine chapters in this comprehensive, hardcover Student Book contain lessons that include informational text and activities, as well as specific "Check" questions. Each chapter ends with a life-skills assignment and a review. The print is easy to read and is illustrated with a rich variety of brightly coloured cartoons, diagrams, photographs, and tables.

Cautions: This resource includes an example of the American Food Guide Pyramid and potentially sensitive content related to Personal Safety (e.g., good touch/bad touch) and Substance Use and Abuse Prevention (e.g., alcohol, tobacco, and drug use). Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.

Suggested Use: Grade 1
Grade Group: K – 4
Student - Breadth and Depth
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Your Health: Assessment Guide Grade 1 (Print-Integrated Resource). (Your Health). Holt, Rinehart & Winston (HBJ), 2003. 62 p. ISBN 0-15-334692-2.

This Assessment Guide contains seven main sections:

- Overview
- Daily Assessment and Classroom Observation
- Student Self-Assessment Checklists
- Portfolio Assessment
- Chapter Tests and Projects
- Chapter Tests and Project Evaluation Sheets
- Answer Key

The three-hole punched book is perforated to allow removal of individual pages for use as blackline masters or handouts. The tests contained within this resource are different than the tests contained within the Student Book.

Suggested Use: Grade 1
Grade Group: K – 4
Teacher Reference
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Your Health: Big Book Grade 1 (Print-Integrated Resource). (Your Health). Holt, Rinehart & Winston (HBJ), 2003. 38 p. ISBN 0-15-334698-1.

This Big Book is a large-format modified version of the Grade 1 Student Book. The 18 lessons in the Grade 1 Big Book address specific topics from the Student Book.

Cautions: This resource includes an example of the American Food Guide Pyramid and potentially sensitive content related to Personal Safety (e.g., good touch/bad touch), Substance Use and Abuse Prevention (e.g., alcohol, tobacco, and drug use), and an illustration of a weapon. Information on tobacco and alcohol use is not part of the Manitoba curriculum for Grade 1. Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.

Suggested Use: Grade 1
Grade Group: K – 4
Student - Breadth and Depth
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Your Health: Big Book Teacher's Guide Grade 1 (Print-Integrated Resource). (Your Health). Holt, Rinehart & Winston (HBJ), 2003. unp. ISBN 0-15-334700-7.

This Big Book Teacher's Guide contains complete lesson plans divided into three main areas: Motivate, Teach, and Wrap Up. Also included are a Lesson Objective, Program Resources, Vocabulary, and Materials to Be Used. To support individualized instruction, the lessons offer suggestions for cross-curricular activities, multicultural links, a daily safety tip, and multilevel activities. This resource promotes critical thinking, research skills, problem solving, and active learning through interactive learning strategies and assessments for use in the classroom. The coil-bound Teacher's Guide is easy to read and clearly organized, with student text inserts, indexes, and scope and sequence charts provided.

Suggested Use: Grade 1
Grade Group: K – 4
Teacher Reference
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Your Health: Teacher's Edition Grade 1 (Print-Integrated Resource). Gibbons, Charlie, et al. (Your Health). Holt, Rinehart & Winston (HBJ), 2003. ISBN 0-15-334307-9.

This Teacher's Edition contains complete lesson plans divided into three main areas: Motivate, Teach, and Wrap Up. Also included are a Lesson Objective, Program Resources, Vocabulary, and Materials to Be Used. To support individualized instruction, the lessons offer suggestions for cross-curricular activities, multicultural links, a daily safety tip, multilevel activities, and thumbnail versions of blackline masters and assessment materials. This resource promotes critical thinking, research skills, problem solving, and active learning through interactive learning strategies and assessments for use in the classroom. The coil-bound Teacher's Edition is easy to read and clearly organized, with student text inserts, indexes, and scope and sequence charts provided.

Suggested Use: Grade 1
Grade Group: K – 4
Teacher Reference
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Your Health: Teaching Resources Grade 1 (Print-Integrated Resource). (Your Health). Holt, Rinehart & Winston (HBJ), 2003. 101 p. ISBN 0-15-334678-7.

The Teaching Resources include the following components:

- Health Handout for Teachers
- School-Home Connection Letters (in English and Spanish)
- Take-Home Booklets
- Health Handbook from the Student Book
- Activity Book Answer Key

The three-hole punched book is perforated to allow removal of individual pages from the resource. The School-Home Connection Letters and Take-Home Booklets serve as blackline masters.

Suggested Use: Grade 1
Grade Group: K – 4
Teacher Reference
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 1 (Print-Integrated Resource). (Your Health). Holt, Rinehart & Winston (HBJ), 2003. ISBN 0-15-334685-X.

This package consists of colourful overhead transparencies of the labelled diagrams and matching copying masters of the diagrams without the labels for student use.

Suggested Use: Grade 1
Grade Group: K – 4
Teacher Reference
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Your Health: (Student Book) Grade 2 (Print-Integrated Resource). Gibbons, Charlie, et al. (Your Health). Holt, Rinehart & Winston (HBJ), 2003. 224 p. ISBN 0-15-334301-X.

Focusing on specific health topics, the nine chapters in this comprehensive, hardcover Student Book contain lessons that include informational text and activities, as well as specific "Check" questions. Each chapter ends with a life-skills assignment and a review. The print is easy to read and is illustrated with a rich variety of brightly coloured cartoons, diagrams, photographs, and tables.

Cautions: This resource includes an example of the American Food Guide Pyramid and potentially sensitive content related to Personal Safety (e.g., good touch/bad touch) and Substance Use and Abuse Prevention (e.g., alcohol, tobacco, and drug use). Information on tobacco and alcohol use is not part of the Manitoba curriculum for Grade 2. This resource does not contain information on Human Sexuality, which is part of the Manitoba curriculum for Grade 2. Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.

Suggested Use: Grade 2
Grade Group: K – 4
Student - Breadth and Depth
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
Date Recommended: 2004-April-26

Your Health: Assessment Guide Grade 2 (Print-Integrated Resource). (Your Health). Holt, Rinehart & Winston (HBJ), 2003. 62 p. ISBN 0-15-334693-0.

This Assessment Guide contains seven main sections:

- Overview
- Daily Assessment and Classroom Observation
- Student Self-Assessment Checklists
- Portfolio Assessment
- Chapter Tests and Projects
- Chapter Tests and Project Evaluation Sheets
- Answer Key

The three-hole punched book is perforated to allow removal of individual pages for use as blackline masters or handouts. The tests contained within this resource are different than the tests contained within the Student Book.

Suggested Use: Grade 2
Grade Group: K – 4
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
Date Recommended: 2004-April-26

Your Health: Big Book Grade 2 (Print-Integrated Resource). (Your Health). Holt, Rinehart & Winston (HBJ), 2003. 38 p. ISBN 0-15-334699-X.

This Big Book is a large-format modified version of the Grade 2 Student Book. The 18 lessons in the Grade 2 Big Book address specific topics from the Student Book.

Cautions: This resource includes potentially sensitive content related to Personal Safety (e.g., good touch/bad touch) and Substance Use and Abuse Prevention (e.g., alcohol, tobacco, and drug use). Information on tobacco and alcohol use is not part of the Manitoba curriculum for Grade 2. Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.

Suggested Use: Grade 2
Grade Group: K – 4
Student - Breadth and Depth
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Nutrition

GLO 5: Personal Health Practices
Date Recommended: 2004-April-26

Your Health: Big Book Teacher's Guide Grade 2 (Print-Integrated Resource). (Your Health). Holt, Rinehart & Winston (HBJ), 2003. ISBN 0-15-334701-5.

This Big Book Teacher's Guide contains complete lesson plans divided into three main areas: Motivate, Teach, and Wrap Up. Also included are a Lesson Objective, Program Resources, Vocabulary, and Materials to Be Used. To support individualized instruction, the lessons offer suggestions for cross-curricular activities, multicultural links, a daily safety tip, and multilevel activities. This resource promotes critical thinking, research skills, problem solving, and active learning through interactive learning strategies and assessments for use in the classroom. The coil-bound Teacher's Guide is easy to read and clearly organized, with student text inserts, indexes, and scope and sequence charts provided.

Suggested Use: Grade 2
Grade Group: K – 4
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
Date Recommended: 2004-April-26

Your Health: Teacher's Edition Grade 2 (Print-Integrated Resource). Gibbons, Charlie, et al. (Your Health). Holt, Rinehart & Winston (HBJ), 2003. ISBN 0-15-334308-7.

This Teacher's Edition contains complete lesson plans divided into three main areas: Motivate, Teach, and Wrap Up. Also included are a Lesson Objective, Program Resources, Vocabulary, and Materials to Be Used. To support individualized instruction, the lessons offer suggestions for cross-curricular activities, multicultural links, a daily safety tip, multilevel activities, and thumbnail versions of blackline masters and assessment materials. This resource promotes critical thinking, research skills, problem solving, and active learning through interactive learning strategies and assessments for use in the classroom. The coil-bound Teacher's Edition is easy to read and clearly organized, with student text inserts, indexes, and scope and sequence charts provided.

Suggested Use: Grade 2
Grade Group: K – 4
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
Date Recommended: 2004-April-26

Your Health: Teaching Resources Grade 2 (Print-Integrated Resource). (Your Health). Holt, Rinehart & Winston (HBJ), 2003. 101 p. ISBN 0-15-334679-5.

The Teaching Resources include the following components:

- Health Handout for Teachers
- School-Home Connection Letters (in English and Spanish)
- Take-Home Booklets
- Health Handbook from the Student Book
- Activity Book Answer Key

The three-hole punched book is perforated to allow removal of individual pages. The School-Home Connection Letters and Take-Home Booklets serve as blackline masters.

Suggested Use: Grade 2
Grade Group: K – 4
Teacher Reference
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Nutrition
GLO 5: Personal Health Practices

Date Recommended: 2004-April-26

Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 2 (Print-Integrated Resource). (Your Health). Holt, Rinehart & Winston (HBJ), 2003. ISBN 0-15-334686-8.

This package consists of colourful overhead transparencies of the labelled diagrams and matching copying masters of the diagrams without the labels for student use.

Suggested Use: Grade 2
Grade Group: K – 4
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
Date Recommended: 2004-April-26

Your Health: (Student Book) Grade 3 (Print-Integrated Resource). Gibbons, Charlie, et al. (Your Health). Holt, Rinehart & Winston (HBJ), 2003. 300 p. ISBN 0-15-334302-8.

Focusing on specific health topics, the nine chapters in this comprehensive, hardcover Student Book contain lessons that include informational text and activities, as well as specific "Check" questions. Each chapter ends with a life-skills assignment and a review. The print is easy to read and is illustrated with a rich variety of brightly coloured cartoons, diagrams, photographs, and tables.

Cautions: This resource includes an example of the American Food Guide Pyramid and potentially sensitive content related to Substance Use and Abuse Prevention (e.g., alcohol, tobacco, and drug use). Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.

Suggested Use: Grade 3
Grade Group: K – 4
Student - Breadth and Depth
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Your Health: Assessment Guide Grade 3 (Print-Integrated Resource). (Your Health). Holt, Rinehart & Winston (HBJ), 2003. 62 p. ISBN 0-15-334694-9.

This Assessment Guide contains the following sections:

- Overview
- Daily Assessment and Classroom Observation
- Student Self-Assessment Checklists
- Portfolio Assessment
- Chapter Tests and Projects
- Chapter Tests and Project Evaluation Sheets
- Answer Key

The three-hole punched book is perforated to allow removal of individual pages for use as blackline masters or handouts. The tests contained within this resource are different than the tests contained within the Student Book.

Suggested Use: Grade 3
Grade Group: K – 4
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Your Health: Teacher's Edition Grade 3 (Print-Integrated Resource). Gibbons, Charlie, et al. (Your Health). Holt, Rinehart & Winston (HBJ), 2003. ISBN 0-15-334309-5.

This Teacher's Edition contains complete lesson plans divided into three main areas: Motivate, Teach, and Wrap Up. Also included are a Lesson Objective, Program Resources, Vocabulary, and Materials to Be Used. In addition, the lessons offer suggestions for cross-curricular activities, multicultural links, a daily safety tip, multilevel activities, and thumbnail versions of blackline masters and assessment materials. This resource promotes critical thinking, research skills, problem solving, and active learning through interactive learning strategies and assessments for use in the classroom. The coil-bound Teacher's Edition is easy to read and clearly organized, with student text inserts, indexes, and scope and sequence charts provided.

Suggested Use: Grade 3
Grade Group: K – 4
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Your Health: Teaching Resources Grade 3 (Print-Integrated Resource). (Your Health). Holt, Rinehart & Winston (HBJ), 2003. 123 p. ISBN 0-15-334680-9.
The Teaching Resources include the following components:

- Health Handout for Teachers
- School-Home Connection Letters (in English and Spanish)
- Take-Home Booklets
- Health Handbook from the Student Book
- Activity Book Answer Key

The three-hole punched book is perforated to allow removal of individual pages. The School-Home Connection Letters and Take-Home Booklets serve as blackline masters.

Suggested Use: Grade 3
Grade Group: K – 4
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 3 (Print-Integrated Resource). (Your Health). Holt, Rinehart & Winston (HBJ), 2003. ISBN 0-15-334687-6.

This package consists of colourful overhead transparencies of the labelled diagrams and matching copying masters of the diagrams without the labels for student use.

Suggested Use: Grade 3
Grade Group: K – 4
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Your Health: (Student Book) Grade 4 (Print-Integrated Resource). Gibbons, Charlie, et al. (Your Health). Holt, Rinehart & Winston (HBJ), 2003. 356 p. ISBN 0-15-334303-6.

Focusing on specific health topics, the nine chapters in this comprehensive, hardcover

Student Book contain lessons that include informational text and activities, as well as specific "Check" questions. Each chapter ends with a life-skills assignment and a review. The print is easy to read and is illustrated with a rich variety of brightly coloured cartoons, diagrams, photographs, and tables.

Cautions: This resource includes an example of the American Food Guide Pyramid and potentially sensitive content related to Substance Use and Abuse Prevention (e.g., alcohol, tobacco, and drug use). Information on tobacco and alcohol use is not part of the Manitoba curriculum for Grade 4. Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.

Suggested Use: Grade 4
Grade Group: K – 4
Student - Breadth and Depth
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
Date Recommended: 2004-April-26

Your Health: Assessment Guide Grade 4 (Print-Integrated Resource). (Your Health). Holt, Rinehart & Winston (HBJ), 2003. 62 p. ISBN 0-15-334695-7.

This Assessment Guide contains the following sections:

- Overview
- Daily Assessment and Classroom Observation
- Student Self-Assessment Checklists
- Portfolio Assessment
- Chapter Tests and Projects
- Chapter Tests and Project Evaluation Sheets
- Answer Key

The three-hole punched book is perforated to allow removal of individual pages for use as blackline masters or handouts. The tests contained within this resource are different than the tests contained within the Student Book.

Suggested Use: Grade 4
Grade Group: K – 4
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
Date Recommended: 2004-April-26

Your Health: Teacher's Edition Grade 4 (Print-Integrated Resource). Gibbons, Charlie, et al. (Your Health). Holt, Rinehart & Winston (HBJ), 2003. ISBN 0-15-334310-9.

This Teacher's Edition contains complete lesson plans divided into three main areas: Motivate, Teach, and Wrap Up. Also included are a Lesson Objective, Program Resources, Vocabulary, and Materials to Be Used. To support individualized instruction, the lessons offer suggestions for cross-curricular activities, multicultural links, a daily safety tip, multilevel activities, and thumbnail versions of blackline masters and assessment materials. This resource promotes critical thinking, research skills, problem solving, and active learning through interactive learning strategies and assessments for use in the classroom. The coil-bound Teacher's Edition is easy to read and clearly organized, with student text inserts, indexes, and scope and sequence charts provided.

Suggested Use: Grade 4
Grade Group: K – 4
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Nutrition

GLO 5: Personal Health Practices
Date Recommended: 2004-April-26

Your Health: Teaching Resources Grade 4 (Print-Integrated Resource). (Your Health). Holt, Rinehart & Winston (HBJ), 2003. 123 p. ISBN 0-15-334681-7.

The Teaching Resources include the following components:

- Health Handout for Teachers
- School-Home Connection Letters (in English and Spanish)
- Take-Home Booklets
- Health Handbook from the Student Book
- Activity Book Answer Key

The three-hole punched book is perforated to allow removal of individual pages. The School-Home Connection Letters and Take-Home Booklets serve as blackline masters.

Suggested Use: Grade 4
Grade Group: K – 4
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
Date Recommended: 2004-April-26

Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 4 (Print-Integrated Resource). (Your Health). Holt, Rinehart & Winston (HBJ), 2003. ISBN 0-15-334688-4.

This package consists of colourful overhead transparencies of the labelled diagrams and matching copying masters of the diagrams without the labels for student use.

Suggested Use: Grade 4
Grade Group: K – 4
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
Date Recommended: 2004-April-26

Your Health: (Student Book) Grade 5 (Print-Integrated Resource). Gibbons, Charlie, et al. (Your Health). Holt, Rinehart & Winston (HBJ), 2003. 414 p. ISBN 0-15-334304-4.

Focusing on specific health topics, the nine chapters in this comprehensive, hardcover Student Book contain lessons that include informational text and activities, as well as specific "Check" questions. Each chapter ends with a life-skills assignment and a review. The print is easy to read and is illustrated with a rich variety of brightly coloured cartoons, diagrams, photographs, and tables.

Cautions: The nutritional issues addressed in this resource would be beneficial in the Manitoba curriculum for Grade 6. This resource includes an example of the American Food Guide Pyramid and potentially sensitive content related to Substance Use and Abuse Prevention (e.g., alcohol, tobacco, and drug use). Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.

Suggested Use: Grade 5
Grade Group: 5 – 8
Student - Breadth and Depth
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Human Sexuality
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Your Health: Assessment Guide Grade 5 (Print-Integrated Resource). (Your Health). Holt, Rinehart & Winston (HBJ), 2003. 62 p. ISBN 0-15-334696-5.

This Assessment Guide contains the following sections:

- Overview
- Daily Assessment and Classroom Observation
- Student Self-Assessment Checklists
- Portfolio Assessment
- Chapter Tests and Projects
- Chapter Tests and Project Evaluation Sheets
- Answer Key

The three-hole punched book is perforated to allow removal of individual pages for use as blackline masters or handouts. The tests contained within this resource are different than the tests contained within the Student Book.

Suggested Use: Grade 5
Grade Group: 5 – 8
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Human Sexuality
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Your Health: Teacher's Edition Grade 5 (Print-Integrated Resource). Gibbons, Charlie, et al. (Your Health). Holt, Rinehart & Winston (HBJ), 2003. ISBN 0-15-334311-7.

This Teacher's Edition contains complete lesson plans divided into three main areas: Motivate, Teach, and Wrap Up. Also included are a Lesson Objective, Program Resources, Vocabulary, and Materials to Be Used. To support individualized instruction, the lessons offer suggestions for cross-curricular activities, multicultural links, a daily safety tip, multilevel activities, and thumbnail versions of blackline masters and assessment materials. This resource promotes critical thinking, research skills, problem solving, and active learning through interactive learning strategies and assessments for use in the classroom. The coil-bound Teacher's Edition is easy to read and clearly organized, with student text inserts, indexes, and scope and sequence charts provided.

Suggested Use: Grade 5
Grade Group: 5 – 8
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Human Sexuality
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Your Health: Teaching Resources Grade 5 (Print-Integrated Resource). (Your Health). Holt, Rinehart & Winston (HBJ), 2003. 129 p. ISBN 0-15-334682-5.

The Teaching Resources include the following components:

- Health Handout for Teachers
- School-Home Connection Letters (in English and Spanish)
- Take-Home Booklets
- Health Handbook from the Student Book
- Activity Book Answer Key

The three-hole punched book is perforated to allow removal of individual pages. The School-Home Connection Letters and Take-Home Booklets serve as blackline masters.

Suggested Use: Grade 5
Grade Group: 5 – 8
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Human Sexuality
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 5 (Print-Integrated Resource). (Your Health). Holt, Rinehart & Winston (HBJ), 2003. ISBN 0-15-334689-2.

This package consists of colourful overhead transparencies of the labelled diagrams and matching copying masters of the diagrams without the labels for student use.

Suggested Use: Grade 5
Grade Group: 5 – 8
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Human Sexuality
GLO 5: Personal Health Practices
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2004-April-26

Your Health: (Student Book) Grade 6 (Print-Integrated Resource). Gibbons, Charlie, et al. (Your Health). Holt, Rinehart & Winston (HBJ), 2003. 448 p. ISBN 0-15-334305-2.

Focusing on specific health topics, the nine chapters in this comprehensive, hardcover Student Book contain lessons that include informational text and activities, as well as specific "Check" questions. Each chapter ends with a life-skills assignment and a review. The print is easy to read and is illustrated with a rich variety of brightly coloured cartoons, diagrams, photographs, and tables.

Cautions: The environmental issues addressed in this resource would be beneficial in the Manitoba curriculum for Grade 5. This resource includes an example of the American Food Guide Pyramid and potentially sensitive content related to Substance Use and Abuse Prevention (e.g., alcohol, tobacco, and drug use). Information on tobacco and alcohol use is not part of the Manitoba curriculum for Grade 6. Decisions related to choice of learning resources, grade-appropriateness, and depth and breadth of potentially sensitive content are determined at the local school/division level.

Suggested Use: Grade 6
Grade Group: 5 – 8
Student - Breadth and Depth
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
Date Recommended: 2004-April-26

Your Health: Assessment Guide Grade 6 (Print-Integrated Resource). (Your Health). Holt, Rinehart & Winston (HBJ), 2003. 62 p. ISBN 0-15-334697-3.

This Assessment Guide contains the following sections:

- Overview
- Daily Assessment and Classroom Observation
- Student Self-Assessment Checklists
- Portfolio Assessment
- Chapter Tests and Projects
- Chapter Tests and Project Evaluation Sheets
- Answer Key

The three-hole punched book is perforated to allow removal of individual pages for use as blackline masters or handouts. The tests contained within this resource are different than the tests contained within the Student Book.

Suggested Use: Grade 6
Grade Group: 5 – 8
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
Date Recommended: 2004-April-26

Your Health: Teacher's Edition Grade 6 (Print-Integrated Resource). Gibbons, Charlie, et al. (Your Health). Holt, Rinehart & Winston (HBJ), 2003. ISBN 0-15-334312-5.

This Teacher's Edition contains complete lesson plans divided into three main areas: Motivate, Teach, and Wrap Up. Also included are a Lesson Objective, Program Resources, Vocabulary, and Materials to Be Used. To support individualized instruction, the lessons offer suggestions for cross-curricular activities, multicultural links, a daily safety tip, multilevel activities, and thumbnail versions of blackline masters and assessment materials. This resource promotes critical thinking, research skills, problem solving, and active learning through interactive learning strategies and assessments for use in the classroom. The coil-bound Teacher's Edition is easy to read and clearly organized, with student text inserts, indexes, and scope and sequence charts provided.

Suggested Use: Grade 6
Grade Group: 5 – 8
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
Date Recommended: 2004-April-26

Your Health: Teaching Resources Grade 6 (Print-Integrated Resource). (Your Health). Holt, Rinehart & Winston (HBJ), 2003. 124 p. ISBN 0-15-334683-3.

The Teaching Resources include the following components:

- Health Handout for Teachers
- School-Home Connection Letters (in English and Spanish)
- Take-Home Booklets
- Health Handbook from the Student Book
- Activity Book Answer Key

The three-hole punched book is perforated to allow removal of individual pages. The School-Home Connection Letters and Take-Home Booklets serve as blackline masters.

Suggested Use: Grade 6
Grade Group: 5 – 8
Teacher Reference
GLO 2: Fitness Management Knowledge
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
Date Recommended: 2004-April-26

Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 6 (Print-Integrated Resource). (Your Health). Holt, Rinehart & Winston (HBJ), 2003. ISBN 0-15-334690-6.

This package consists of colourful overhead transparencies of the labelled diagrams and matching copying masters of the diagrams without the labels for student use.

Suggested Use: Grade 6
Grade Group: 5 – 8
Teacher Reference
GLO 2: Fitness Management Skills
GLO 3: Safety of Self and Others
GLO 4: Mental-Emotional Development
GLO 4: Personal and Social Management Skills
GLO 4: Personal Development
GLO 4: Social Development
GLO 5: Active Living
GLO 5: Nutrition
GLO 5: Personal Health Practices
Date Recommended: 2004-April-26

Your Life: Your Choice: An Educational Resource for Teaching Young Teens about Alcohol (Internet Site). Judy Roberts & Associates (Jrob).

This inclusive, easy-to-navigate website (available at <www.schoolnet.ca/alcohol>) contains information for teaching skills and attitudes related to the use and abuse of alcohol. It includes sections and materials for students, teachers, and parents:

- The student section contains meaningful interactive web activities such as quizzes, games, and ideas for class projects.
- The teacher section includes ready-to-use paper and pencil type activities.
- The parent section offers tips and strategies on how to communicate with adolescents on the subject of alcohol. The provision of parental involvement is a highlight of this program.

Cautions: Content is applicable to Grades 5 and 7 related to Substance Use and Abuse Prevention; however, some students may find the reading and comprehension level of some activities difficult. Depth and breadth of potentially sensitive content are to be determined at the local school/division level.

System Requirements: Internet connection is required. The resource is available, free of charge, at <www.schoolnet.ca/alcohol>.

Suggested Use: Grade 7; Grade 8
Grade Group: 5 - 8
Student - Breadth and Depth; Teacher Reference; Parent - Support
GLO 4: Personal Development
GLO 4: Social Development
GLO 4: Personal and Social Management Skills
GLO 5: Substance Use and Abuse Prevention
Date Recommended: 2002-May-01

Zachary's Ball (Print-Picture Book). Tavares, Matt. Candlewick Press (CDS), 2000. ISBN 0-7636-0730-4.

In this American picture book (with black-and-white pencil drawings), the sights and sounds at Fenway Park amaze a young boy when he goes to his first major-league baseball game. When his father catches a foul ball something magical happens.

Comment: This resource can be used with Kindergarten to Grade 6 in integrated units related to English language arts and health topics related to Mental-Emotional Development (GLO 4).

Suggested Use: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4
Grade Group: K – 4
Student – Depth
GLO 4: Mental-Emotional Development
GLO 4: Personal Development
GLO 4: Social Development
Date Recommended: 2004-April-26

Health Education Resources: Kindergarten to Senior 2

Index of Titles by: GLO/Strand (GLOs 1 to 5)

GLO 1: Alternative Pursuits

Adapted Physical Education and Sport
Ontario Health and Physical Education Curriculum Support: Grade 1
Ontario Health and Physical Education Curriculum Support: Grade 10 Supplement
Ontario Health and Physical Education Curriculum Support: Grade 2
Ontario Health and Physical Education Curriculum Support: Grade 3
Ontario Health and Physical Education Curriculum Support: Grade 4
Ontario Health and Physical Education Curriculum Support: Grade 9-10 Supplement
Ontario Health and Physical Education Curriculum Support: Kindergarten
Walking Games and Activities
Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 3 Teaching Guide
Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 4 Teaching Guide
Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 5 Teaching Guide
Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 6 Teaching Guide
Whether in, on, or around Water: Safety before Fun Series: Info Marine: Safety before Fun (CD-ROM)
Whether in, on, or around Water: Safety before Fun Series: Water Smart / Aqua Bon Elementary Grades 3 - 4
Whether in, on, or around Water: Safety before Fun Series: Water Smart / Aqua Bon Elementary Grades 5 - 6

GLO 1: Movement Knowledge

Adapted Physical Education and Sport
Exercise Science: Foundations of Exercise Science: Studying Human Movement and Health (Student Edition)
Exercise Science: Studying Human Movement and Health: Graphic Package (CD-ROM)
Exercise Science: Studying Human Movement and Health: Teacher's Guide
Let the Games Begin!
Lifechoices: Healthy and Well: Student Book
Lifechoices: Healthy and Well: Teacher Resource
McGraw-Hill Health Series: McGraw-Hill Health Kindergarten. Big Book
McGraw-Hill Health Series: McGraw-Hill Health Kindergarten. Teacher Health Kit
McGraw-Hill Health Series: McGraw-Hill Health Kindergarten. Teacher's Edition
Ontario Health and Physical Education Curriculum Support: Grade 1
Ontario Health and Physical Education Curriculum Support: Grade 10 Supplement
Ontario Health and Physical Education Curriculum Support: Grade 2
Ontario Health and Physical Education Curriculum Support: Grade 3
Ontario Health and Physical Education Curriculum Support: Grade 4
Ontario Health and Physical Education Curriculum Support: Grade 5
Ontario Health and Physical Education Curriculum Support: Grade 6
Ontario Health and Physical Education Curriculum Support: Grade 7
Ontario Health and Physical Education Curriculum Support: Grade 8
Ontario Health and Physical Education Curriculum Support: Grade 9-10 Supplement
Ontario Health and Physical Education Curriculum Support: Kindergarten
Strengthening Your Physical Education Program with Innovative Fitness Strategies and Activities (Grades 6-12)
Walking Games and Activities

GLO 1: Movement Skills

Adapted Physical Education and Sport
Game Skills: A Fun Approach to Learning Sport Skills
KIDnastics®: A Child-Centered Approach to Teaching

GLO 1: Movement Skills (continued)

Ontario Health and Physical Education Curriculum Support: Grade 1
Ontario Health and Physical Education Curriculum Support: Grade 10 Supplement
Ontario Health and Physical Education Curriculum Support: Grade 2
Ontario Health and Physical Education Curriculum Support: Grade 3
Ontario Health and Physical Education Curriculum Support: Grade 4
Ontario Health and Physical Education Curriculum Support: Grade 5
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Ontario Health and Physical Education Curriculum Support: Grade 8
Ontario Health and Physical Education Curriculum Support: Grade 9-10 Supplement
Ontario Health and Physical Education Curriculum Support: Kindergarten
Walking Games and Activities

GLO 1: Rhythmic/Gymnastics

Adapted Physical Education and Sport
KIDnastics®: A Child-Centered Approach to Teaching
Ontario Health and Physical Education Curriculum Support: Grade 1
Ontario Health and Physical Education Curriculum Support: Grade 2
Ontario Health and Physical Education Curriculum Support: Grade 3
Ontario Health and Physical Education Curriculum Support: Grade 4
Ontario Health and Physical Education Curriculum Support: Grade 5
Ontario Health and Physical Education Curriculum Support: Grade 6
Ontario Health and Physical Education Curriculum Support: Grade 7
Ontario Health and Physical Education Curriculum Support: Grade 8
Ontario Health and Physical Education Curriculum Support: Grade 9-10 Supplement
Ontario Health and Physical Education Curriculum Support: Kindergarten
Strengthening Your Physical Education Program with Innovative Fitness Strategies and Activities (Grades 6-12)

GLO 1: Sports/Games

Adapted Physical Education and Sport
Ontario Health and Physical Education Curriculum Support: Grade 1
Ontario Health and Physical Education Curriculum Support: Grade 10 Supplement
Ontario Health and Physical Education Curriculum Support: Grade 2
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Ontario Health and Physical Education Curriculum Support: Grade 8
Ontario Health and Physical Education Curriculum Support: Grade 9-10 Supplement
Ontario Health and Physical Education Curriculum Support: Kindergarten
Special Needs Science: Understanding Differences

GLO 2: Fitness Management Knowledge

Adapted Physical Education and Sport
Eat Well and Keep Moving: An Interdisciplinary Curriculum for Teaching Upper Elementary School Nutrition and Physical Activity (includes CD-ROM)
Exercise Science: Foundations of Exercise Science: Studying Human Movement and Health (Student Edition)
Exercise Science: Studying Human Movement and Health: Graphic Package (CD-ROM)
Exercise Science: Studying Human Movement and Health: Teacher's Guide
FitFocus: Health and Physical Activity Analysis Software
FITNESSGRAM® 6.0 Test Kit
Glencoe Health (Student Text)
Glencoe Health Teacher's Resource Binder

GLO 2: Fitness Management Knowledge (continued)

Lifechoices: Healthy and Well: Student Book
Lifechoices: Healthy and Well: Teacher Resource
McGraw-Hill Health Series: McGraw-Hill Health Kindergarten. Big Book
McGraw-Hill Health Series: McGraw-Hill Health Kindergarten. Teacher Health Kit
McGraw-Hill Health Series: McGraw-Hill Health Kindergarten. Teacher's Edition
McGraw-Hill Health Series: McGraw-Hill Health Grade One. Big Book 2
McGraw-Hill Health Series: McGraw-Hill Health Grade One. Student Book
McGraw-Hill Health Series: McGraw-Hill Health Grade One. Teacher Health Kit
McGraw-Hill Health Series: McGraw-Hill Health Grade One. Teacher's Edition
McGraw-Hill Health Series: McGraw-Hill Health Grade Two. Big Book 1
McGraw-Hill Health Series: McGraw-Hill Health Grade Two. Big Book 2
McGraw-Hill Health Series: McGraw-Hill Health Grade Two. Student Book
McGraw-Hill Health Series: McGraw-Hill Health Grade Two. Teacher Health Kit
McGraw-Hill Health Series: McGraw-Hill Health Grade Two. Teacher's Edition
McGraw-Hill Health Series: McGraw-Hill Health Grade Three. Student Book
McGraw-Hill Health Series: McGraw-Hill Health Grade Three. Teacher's Blackline Masters
McGraw-Hill Health Series: McGraw-Hill Health Grade Three. Teacher's Edition
McGraw-Hill Health Series: McGraw-Hill Health Grade Four. Student Book
McGraw-Hill Health Series: McGraw-Hill Health Grade Four. Teacher's Blackline Masters
McGraw-Hill Health Series: McGraw-Hill Health Grade Four. Teacher's Edition
McGraw-Hill Health Series: McGraw-Hill Health Grade Five. Student Book
McGraw-Hill Health Series: McGraw-Hill Health Grade Five. Teacher's Blackline Masters
McGraw-Hill Health Series: McGraw-Hill Health Grade Five. Teacher's Edition
McGraw-Hill Health Series: McGraw-Hill Health Grade Six. Student Book
McGraw-Hill Health Series: McGraw-Hill Health Grade Six. Teacher's Blackline Masters
McGraw-Hill Health Series: McGraw-Hill Health Grade Six. Teacher's Edition
Middle School Healthy Hearts in the Zone: A Heart Rate Monitoring Program for Lifelong Fitness
Ontario Health and Physical Education Curriculum Support: Grade 1
Ontario Health and Physical Education Curriculum Support: Grade 10 Supplement
Ontario Health and Physical Education Curriculum Support: Grade 2
Ontario Health and Physical Education Curriculum Support: Grade 3
Ontario Health and Physical Education Curriculum Support: Grade 4
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Ontario Health and Physical Education Curriculum Support: Grade 7
Ontario Health and Physical Education Curriculum Support: Grade 8
Ontario Health and Physical Education Curriculum Support: Grade 9-10 Supplement
Ontario Health and Physical Education Curriculum Support: Kindergarten
Personal Fitness: Looking Good—Feeling Good (Student Edition)
Personal Fitness: Looking Good—Feeling Good: Teacher Edition
Personal Fitness: Looking Good—Feeling Good: Transparencies
Planet Health: An Interdisciplinary Curriculum for Teaching Middle School Nutrition and Physical Activity
Prentice Hall Health: Skills for Wellness: Classroom Manager
Prentice Hall Health: Skills for Wellness: Color Transparencies
Prentice Hall Health: Skills for Wellness: Student Edition
Prentice Hall Health: Skills for Wellness: Teacher's Edition
Prentice Hall Health: Skills for Wellness: Teaching Resources
Strengthening Your Physical Education Program with Innovative Fitness Strategies and Activities (Grades 6-12)
Walking Games and Activities
Your Health: (Student Book) Grade 2
Your Health: (Student Book) Grade 3
Your Health: (Student Book) Grade 4
Your Health: (Student Book) Grade 5
Your Health: (Student Book) Grade 6

GLO 2: Fitness Management Knowledge (continued)

Your Health: Assessment Guide Grade 2
Your Health: Assessment Guide Grade 3
Your Health: Assessment Guide Grade 4
Your Health: Assessment Guide Grade 5
Your Health: Assessment Guide Grade 6
Your Health: Big Book Grade 2
Your Health: Big Book Teacher's Guide Grade 2
Your Health: Teacher's Edition Grade 2
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Your Health: Teacher's Edition Grade 4
Your Health: Teacher's Edition Grade 5
Your Health: Teacher's Edition Grade 6
Your Health: Teaching Resources Grade 3
Your Health: Teaching Resources Grade 4
Your Health: Teaching Resources Grade 5
Your Health: Teaching Resources Grade 6
Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 2
Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 3
Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 4
Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 5

GLO 2: Fitness Management Skills

Adapted Physical Education and Sport
Discover Health Series: Life Skills: Human Body Transparencies
Eat Well and Keep Moving: An Interdisciplinary Curriculum for Teaching Upper Elementary School Nutrition and Physical Activity (includes CD-ROM)
Exercise Science: Foundations of Exercise Science: Studying Human Movement and Health (Student Edition)
Exercise Science: Studying Human Movement and Health: Graphic Package (CD-ROM)
Exercise Science: Studying Human Movement and Health: Teacher's Guide
FitFocus: Health and Physical Activity Analysis Software
FITNESSGRAM® 6.0 Test Kit
Game Skills: A Fun Approach to Learning Sport Skills
Glencoe Health (Student Text)
Glencoe Health Teacher's Resource Binder
KIDnastics®: A Child-Centered Approach to Teaching
McGraw-Hill Health Series: McGraw-Hill Health Kindergarten. Big Book
McGraw-Hill Health Series: McGraw-Hill Health Grade One. Big Book 2
McGraw-Hill Health Series: McGraw-Hill Health Grade One. Student Book
McGraw-Hill Health Series: McGraw-Hill Health Grade One. Teacher Health Kit
McGraw-Hill Health Series: McGraw-Hill Health Grade One. Teacher's Edition
McGraw-Hill Health Series: McGraw-Hill Health Grade Two. Big Book 1
McGraw-Hill Health Series: McGraw-Hill Health Grade Two. Big Book 2
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McGraw-Hill Health Series: McGraw-Hill Health Grade Two. Teacher Health Kit
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McGraw-Hill Health Series: McGraw-Hill Health Grade Three. Teacher's Blackline Masters
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Ontario Health and Physical Education Curriculum Support: Grade 7

GLO 2: Fitness Management Skills (continued)

Ontario Health and Physical Education Curriculum Support: Grade 8
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Ontario Health and Physical Education Curriculum Support: Kindergarten
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Personal Fitness: Looking Good—Feeling Good: Transparencies
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Prentice Hall Health: Skills for Wellness: Color Transparencies
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Your Health: (Student Book) Grade 2
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Your Health: (Student Book) Grade 4
Your Health: (Student Book) Grade 5
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Your Health: Teaching Resources Grade 6
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Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 4
Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 5
Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 6

GLO 3: Physical Activity Risk Management

Adapted Physical Education and Sport
Chuck in the City
Discover Health Series: Discover Health (set of 8 audiotapes)
Discover Health Series: Discover Health Student Book
Discover Health Series: Discover Health Teacher's Edition
Discover Health Series: Teacher's Resource Library (CD-ROM)
First Aid: First on the Scene: The Complete Guide to First Aid and CPR
FITNESSGRAM® 6.0 Test Kit
Franklin's Bicycle Helmet
Game Skills: A Fun Approach to Learning Sport Skills
Glencoe Health (Student Text)
Glencoe Health Teacher's Resource Binder
Health Promotion Wave Grade 1
Lifechoices: Healthy and Well: Student Book
Lifechoices: Healthy and Well: Teacher Resource
McGraw-Hill Health Series: McGraw-Hill Health Kindergarten. Big Book
McGraw-Hill Health Series: McGraw-Hill Health Kindergarten. Teacher Health Kit
McGraw-Hill Health Series: McGraw-Hill Health Kindergarten. Teacher's Edition
McGraw-Hill Health Series: McGraw-Hill Health Grade Three. Student Book
McGraw-Hill Health Series: McGraw-Hill Health Grade Three. Teacher's Blackline Masters
McGraw-Hill Health Series: McGraw-Hill Health Grade Three. Teacher's Edition
McGraw-Hill Health Series: McGraw-Hill Health Grade Five. Student Book
McGraw-Hill Health Series: McGraw-Hill Health Grade Five. Teacher's Blackline Masters

GLO 3: Physical Activity Risk Management (continued)

McGraw-Hill Health Series: McGraw-Hill Health Grade Five. Teacher's Edition
McGraw-Hill Health Series: McGraw-Hill Health Grade Six. Student Book
McGraw-Hill Health Series: McGraw-Hill Health Grade Six. Teacher's Blackline Masters
McGraw-Hill Health Series: McGraw-Hill Health Grade Six. Teacher's Edition
Ontario Health and Physical Education Curriculum Support: Grade 1
Ontario Health and Physical Education Curriculum Support: Grade 10 Supplement
Ontario Health and Physical Education Curriculum Support: Grade 2
Ontario Health and Physical Education Curriculum Support: Grade 3
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Ontario Health and Physical Education Curriculum Support: Grade 9-10 Supplement
Ontario Health and Physical Education Curriculum Support: Kindergarten
Personal Fitness: Looking Good—Feeling Good (Student Edition)
Personal Fitness: Looking Good—Feeling Good: Teacher Edition
Personal Fitness: Looking Good—Feeling Good: Transparencies
Prentice Hall Health: Skills for Wellness: Classroom Manager
Prentice Hall Health: Skills for Wellness: Color Transparencies
Prentice Hall Health: Skills for Wellness: Student Edition
Prentice Hall Health: Skills for Wellness: Teacher's Edition
Prentice Hall Health: Skills for Wellness: Teaching Resources
Strengthening Your Physical Education Program with Innovative Fitness Strategies and Activities (Grades 6-12)
The Tough Stuff Series: Immediate Guidance for Troubled Students: Educator Guide
Walking Games and Activities
Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 3 Teaching Guide
Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 4 Teaching Guide
Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 5 Teaching Guide
Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 6 Teaching Guide
Whether in, on, or around Water: Safety before Fun Series: Info Marine: Safety before Fun (CD-ROM)
Whether in, on, or around Water: Safety before Fun Series: Water Smart / Aqua Bon Elementary Grades 3 - 4
Whether in, on, or around Water: Safety before Fun Series: Water Smart / Aqua Bon Elementary Grades 5 - 6

GLO 3: Safety of Self and Others

Acting Peace: A High School Violence Prevention Educational Resource and Tool Kit
Adapted Physical Education and Sport
The Anger Workout Book for Teens
Beyond the Basics: A Sourcebook on Sexual and Reproductive Health Education
The c.a.r.e. Kit (Challenge Abuse through Respect Education)
The Canadian Babysitter's Handbook
Chuck in the City
Citizenship and Personal, Social and Health Education Book 1 (Pupil Book - Grade 2)
Citizenship and Personal, Social and Health Education Book 2 (Pupil Book - Grade 3)
Citizenship and Personal, Social and Health Education Book 3 (Pupil Book - Grade 4)
Citizenship and Personal, Social and Health Education Book 4 (Pupil Book - Grade 5)
Citizenship and Personal, Social and Health Education Teachers' Resource Book 1 (Grade 2)
Citizenship and Personal, Social and Health Education Teachers' Resource Book 2 (Grade 3)

GLO 3: Safety of Self and Others (continued)

Citizenship and Personal, Social and Health Education Teachers' Resource Book 3 (Grade 4)
Citizenship and Personal, Social and Health Education Teachers' Resource Book 4 (Grade 5)
COPE for Teens (Creating Optimal Personal Experiences)
Discover Health Series: Discover Health (set of 8 audiotapes)
Discover Health Series: Discover Health Student Book
Discover Health Series: Discover Health Teacher's Edition
Discover Health Series: Teacher's Resource Library (CD-ROM)
The Esteem Theme Game
Exercise Science: Foundations of Exercise Science: Studying Human Movement and Health (Student Edition)
Exercise Science: Studying Human Movement and Health: Graphic Package (CD-ROM)
Exercise Science: Studying Human Movement and Health: Teacher's Guide
First Aid: First on the Scene: The Complete Guide to First Aid and CPR
First Aid: Pocket Guide to Emergency First Aid
Franklin's Bicycle Helmet
Glencoe Health (Student Text)
Glencoe Health Teacher's Resource Binder
Health for Life 1 (Student Edition)
Health for Life 1 Teacher's Resource (includes CD-ROM)
Health Promotion Wave Grade 1
Kids Helping Kids: A Peer Helping and Peer Mediation Training Manual for Elementary and Middle School Teachers and Counsellors
Kids Helping Kids: Student Manual and Workbook for Elementary and Middle School Students
Kids in the Know Safety Curriculum
Lifechoices: Healthy and Well: Student Book
Lifechoices: Healthy and Well: Teacher Resource
Lifechoices: Relationships: Student Book
Lifechoices: Relationships: Teacher Resource
McGraw-Hill Health Series: McGraw-Hill Health Kindergarten. Big Book
McGraw-Hill Health Series: McGraw-Hill Health Kindergarten. Teacher Health Kit
McGraw-Hill Health Series: McGraw-Hill Health Kindergarten. Teacher's Edition
McGraw-Hill Health Series: McGraw-Hill Health Grade One. Big Book 2
McGraw-Hill Health Series: McGraw-Hill Health Grade One. Student Book
McGraw-Hill Health Series: McGraw-Hill Health Grade One. Teacher Health Kit
McGraw-Hill Health Series: McGraw-Hill Health Grade One. Teacher's Edition
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McGraw-Hill Health Series: McGraw-Hill Health Grade Two. Big Book 2
McGraw-Hill Health Series: McGraw-Hill Health Grade Two. Student Book
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McGraw-Hill Health Series: McGraw-Hill Health Grade Three. Student Book
McGraw-Hill Health Series: McGraw-Hill Health Grade Three. Teacher's Blackline Masters
McGraw-Hill Health Series: McGraw-Hill Health Grade Three. Teacher's Edition
McGraw-Hill Health Series: McGraw-Hill Health Grade Four. Student Book
McGraw-Hill Health Series: McGraw-Hill Health Grade Four. Teacher's Blackline Masters
McGraw-Hill Health Series: McGraw-Hill Health Grade Four. Teacher's Edition
McGraw-Hill Health Series: McGraw-Hill Health Grade Five. Student Book
McGraw-Hill Health Series: McGraw-Hill Health Grade Five. Teacher's Blackline Masters
McGraw-Hill Health Series: McGraw-Hill Health Grade Five. Teacher's Edition
McGraw-Hill Health Series: McGraw-Hill Health Grade Six. Student Book
McGraw-Hill Health Series: McGraw-Hill Health Grade Six. Teacher's Blackline Masters
McGraw-Hill Health Series: McGraw-Hill Health Grade Six. Teacher's Edition
McGraw-Hill Ryerson Health Issues 7 (Student Book)
McGraw-Hill Ryerson Health Issues 7: Teacher's Resource Guide (includes Blackline Masters CD-ROM)
McGraw-Hill Ryerson Health Issues 9 (Student Book)
McGraw-Hill Ryerson Health Issues 9: Teacher's Resource Guide (includes Blackline Masters CD-ROM)

GLO 3: Safety of Self and Others (continued)

Nurturing Girlpower: Integrating Eating Disorder Prevention/Intervention Skills into Your Practice
Ontario Health and Physical Education Curriculum Support: Grade 1
Ontario Health and Physical Education Curriculum Support: Grade 10 Supplement
Ontario Health and Physical Education Curriculum Support: Grade 2
Ontario Health and Physical Education Curriculum Support: Grade 3
Ontario Health and Physical Education Curriculum Support: Grade 4
Ontario Health and Physical Education Curriculum Support: Grade 5
Ontario Health and Physical Education Curriculum Support: Grade 6
Ontario Health and Physical Education Curriculum Support: Grade 7
Ontario Health and Physical Education Curriculum Support: Grade 8
Ontario Health and Physical Education Curriculum Support: Grade 9-10 Supplement
Ontario Health and Physical Education Curriculum Support: Kindergarten
Prentice Hall Health: Skills for Wellness: Classroom Manager
Prentice Hall Health: Skills for Wellness: Color Transparencies
Prentice Hall Health: Skills for Wellness: Student Edition
Prentice Hall Health: Skills for Wellness: Teacher's Edition
Prentice Hall Health: Skills for Wellness: Teaching Resources
The Tough Stuff Series: Immediate Guidance for Troubled Students: Educator Guide
Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 3 Teaching Guide
Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 4 Teaching Guide
Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 5 Teaching Guide
Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 6 Teaching Guide
Whether in, on, or around Water: Safety before Fun Series: Info Marine: Safety before Fun (CD-ROM)
Walking Games and Activities
Whether in, on, or around Water: Safety before Fun Series: Water Smart / Aqua Bon Elementary Grades 3 - 4
Whether in, on, or around Water: Safety before Fun Series: Water Smart / Aqua Bon Elementary Grades 5 – 6
Your Health: (Student Book) Grade 1
Your Health: (Student Book) Grade 2
Your Health: (Student Book) Grade 3
Your Health: (Student Book) Grade 4
Your Health: (Student Book) Grade 5
Your Health: (Student Book) Grade 6
Your Health: Assessment Guide Grade 1
Your Health: Assessment Guide Grade 2
Your Health: Assessment Guide Grade 3
Your Health: Assessment Guide Grade 4
Your Health: Assessment Guide Grade 5
Your Health: Assessment Guide Grade 6
Your Health: Big Book Grade 1
Your Health: Big Book Grade 2
Your Health: Big Book Teacher's Guide Grade 1
Your Health: Big Book Teacher's Guide Grade 2
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Your Health: Teaching Resources Grade 5
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Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 3
Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 4
Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 5
Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 6

GLO 4: Mental-Emotional Development

Acting Peace: A High School Violence Prevention Educational Resource and Tool Kit
Adapted Physical Education and Sport
Amazing Women Athletes
The Anger Workout Book for Teens
Ballerinas Don't Wear Glasses
Beyond the Basics: A Sourcebook on Sexual and Reproductive Health Education
Bobbie Rosenfeld: The Olympian Who Could Do Everything
A Book about Me: A Fun Way to Learn
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The c.a.r.e. Kit (Challenge Abuse through Respect Education)
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Citizenship and Personal, Social and Health Education Book 3 (Pupil Book - Grade 4)
Citizenship and Personal, Social and Health Education Book 4 (Pupil Book - Grade 5)
Citizenship and Personal, Social and Health Education Teachers' Resource Book 2 (Grade 3)
Citizenship and Personal, Social and Health Education Teachers' Resource Book 3 (Grade 4)
Citizenship and Personal, Social and Health Education Teachers' Resource Book 4 (Grade 5)
COPE for Teens (Creating Optimal Personal Experiences)
Discover Health Series: Discover Health (set of 8 audiotapes)
Discover Health Series: Discover Health Student Book
Discover Health Series: Discover Health Teacher's Edition
Discover Health Series: Teacher's Resource Library (CD-ROM)
The Esteem Theme Game
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McGraw-Hill Health Series: McGraw-Hill Health Grade Three. Teacher's Edition
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GLO 4: Mental-Emotional Development (continued)

McGraw-Hill Health Series: McGraw-Hill Health Grade Four. Teacher's Blackline Masters
McGraw-Hill Health Series: McGraw-Hill Health Grade Four. Teacher's Edition
McGraw-Hill Health Series: McGraw-Hill Health Grade Five. Student Book
McGraw-Hill Health Series: McGraw-Hill Health Grade Five. Teacher's Blackline Masters
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Your Health: (Student Book) Grade 6
Your Health: Assessment Guide Grade 1
Your Health: Assessment Guide Grade 2
Your Health: Assessment Guide Grade 3
Your Health: Assessment Guide Grade 4
Your Health: Assessment Guide Grade 5
Your Health: Assessment Guide Grade 6
Your Health: Big Book Grade 1
Your Health: Big Book Grade 2
Your Health: Big Book Teacher's Guide Grade 1
Your Health: Big Book Teacher's Guide Grade 2
Your Health: Teacher's Edition Grade 1
Your Health: Teacher's Edition Grade 2
Your Health: Teacher's Edition Grade 3
Your Health: Teacher's Edition Grade 4
Your Health: Teacher's Edition Grade 5
Your Health: Teacher's Edition Grade 6
Your Health: Teaching Resources Grade 1
Your Health: Teaching Resources Grade 2
Your Health: Teaching Resources Grade 3
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Your Health: Teaching Resources Grade 5
Your Health: Teaching Resources Grade 6
Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 1
Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 2
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GLO 4: Mental-Emotional Development (continued)

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GLO 4: Personal and Social Management Skills (continued)

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McGraw-Hill Health Series: McGraw-Hill Health Grade Five. Teacher's Edition
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GLO 4: Personal and Social Management Skills (continued)

Your Health: (Student Book) Grade 6
Your Health: Assessment Guide Grade 1
Your Health: Assessment Guide Grade 2
Your Health: Assessment Guide Grade 3
Your Health: Assessment Guide Grade 4
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Your Health: Assessment Guide Grade 6
Your Health: Big Book Grade 1
Your Health: Big Book Grade 2
Your Health: Big Book Teacher's Guide Grade 1
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FoodFocus: Nutrition Analysis Software (Student Edition)
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Franklin Forgets

GLO 4: Personal Development (continued)

Franklin's Bicycle Helmet
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GLO 4: Personal Development (continued)

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Ontario Health and Physical Education Curriculum Support: Grade 4
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Ontario Health and Physical Education Curriculum Support: Grade 6
Ontario Health and Physical Education Curriculum Support: Grade 7
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Your Health: Assessment Guide Grade 3
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Your Health: Assessment Guide Grade 6
Your Health: Big Book Grade 1
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Your Health: Big Book Teacher's Guide Grade 1
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Your Health: Teacher's Edition Grade 1
Your Health: Teacher's Edition Grade 2
Your Health: Teacher's Edition Grade 3
Your Health: Teacher's Edition Grade 4
Your Health: Teacher's Edition Grade 5
Your Health: Teacher's Edition Grade 6
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GLO 4: Social Development (continued)

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The Tough Stuff Series: Immediate Guidance for Troubled Students: Educator Guide
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Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 4
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Your Life: Your Choice: An Educational Resource for Teaching Young Teens about Alcohol
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GLO 5: Active Living

Eat Well and Keep Moving: An Interdisciplinary Curriculum for Teaching Upper Elementary School Nutrition and Physical Activity (includes CD-ROM)
Exercise Science: Foundations of Exercise Science: Studying Human Movement and Health (Student Edition)
Exercise Science: Studying Human Movement and Health: Graphic Package (CD-ROM)
Exercise Science: Studying Human Movement and Health: Teacher's Guide
FitFocus: Health and Physical Activity Analysis Software
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Health for Life 1 Teacher's Resource (includes CD-ROM)
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Lifechoices: Healthy and Well: Student Book
Lifechoices: Healthy and Well: Teacher Resource
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McGraw-Hill Health Series: McGraw-Hill Health Grade One. Big Book 2
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GLO 5: Human Sexuality

Beyond the Basics: A Sourcebook on Sexual and Reproductive Health Education
Chlamydia
Citizenship and Personal, Social and Health Education Book 4 (Pupil Book - Grade 5)
Citizenship and Personal, Social and Health Education Teachers' Resource Book 4 (Grade 5)
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The Esteem Theme Game
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First Aid: First on the Scene: The Complete Guide to First Aid and CPR
Game Skills: A Fun Approach to Learning Sport Skills
KIDnastics®: A Child-Centered Approach to Teaching
Let the Games Begin!
McGraw-Hill Health Series: McGraw-Hill Health Grade Four. Student Book
McGraw-Hill Health Series: McGraw-Hill Health Grade Four. Teacher's Blackline Masters
McGraw-Hill Health Series: McGraw-Hill Health Grade Four. Teacher's Edition
Ontario Health and Physical Education Curriculum Support: Grade 4
Special Needs Science: Understanding Differences
Treasure for Lunch
Victoria's Smile
Walking Games and Activities

Grade 4 (continued)

Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 4 Teaching Guide
Whether in, on, or around Water: Safety before Fun Series: Info Marine: Safety before Fun (CD-ROM)
Whether in, on, or around Water: Safety before Fun Series: Water Smart / Aqua Bon Elementary Grades 3 - 4
Your Health: (Student Book) Grade 4
Your Health: Assessment Guide Grade 4
Your Health: Teacher's Edition Grade 4
Your Health: Teaching Resources Grade 4
Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 4
Zachary's Ball

Grade 5

Adapted Physical Education and Sport
Amazing Women Athletes
The Anger Workout Book for Teens
Beyond the Basics: A Sourcebook on Sexual and Reproductive Health Education
Bobbie Rosenfeld: The Olympian Who Could Do Everything
Character Education: 43 Fitness Activities for Community Building
Choices... F.I.T. (Fostering Independent Thinking)—A Substance Abuse Prevention Resource for Teachers Grades 4-8
Citizenship and Personal, Social and Health Education Book 4 (Pupil Book - Grade 5)
Citizenship and Personal, Social and Health Education Teachers' Resource Book 4 (Grade 5)
COPE for Teens (Creating Optimal Personal Experiences)
Discover Health Series: Discover Health (set of 8 audiotapes)
Discover Health Series: Discover Health Student Book
Discover Health Series: Discover Health Teacher's Edition
Discover Health Series: Life Skills: Human Body Transparencies
Discover Health Series: Teacher's Resource Library (CD-ROM)
Eat Well and Keep Moving: An Interdisciplinary Curriculum for Teaching Upper Elementary School Nutrition and Physical Activity (includes CD-ROM)
The Esteem Theme Game
First Aid: First on the Scene: The Complete Guide to First Aid and CPR
FITNESSGRAM® 6.0 Test Kit
Game Skills: A Fun Approach to Learning Sport Skills
Guy's Guides: Chillin': A Guy's Guide to Friendship
Hi New Baby!
KIDnastics®: A Child-Centered Approach to Teaching
Kids in the Know Safety Curriculum
Kids Helping Kids: A Peer Helping and Peer Mediation Training Manual for Elementary and Middle School Teachers and Counsellors
Kids Helping Kids: Student Manual and Workbook for Elementary and Middle School Students
McGraw-Hill Health Series: McGraw-Hill Health Grade Five. Student Book
McGraw-Hill Health Series: McGraw-Hill Health Grade Five. Teacher's Blackline Masters
McGraw-Hill Health Series: McGraw-Hill Health Grade Five. Teacher's Edition
McGraw-Hill Health Series: McGraw-Hill Health Grade Four. Student Book
McGraw-Hill Health Series: McGraw-Hill Health Grade Four. Teacher's Edition
Middle School Healthy Hearts in the Zone: A Heart Rate Monitoring Program for Lifelong Fitness
Ontario Health and Physical Education Curriculum Support: Grade 5
Special Needs Science: Understanding Differences
Walking Games and Activities
Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 5 Teaching Guide
Whether in, on, or around Water: Safety before Fun Series: Info Marine: Safety before Fun (CD-ROM)
Whether in, on, or around Water: Safety before Fun Series: Water Smart / Aqua Bon Elementary Grades 5 – 6
Your Health: (Student Book) Grade 5
Your Health: Assessment Guide Grade 5
Your Health: Teacher's Edition Grade 5
Your Health: Teaching Resources Grade 5
Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 5

Grade 6

Adapted Physical Education and Sport
Amazing Women Athletes
The Anger Workout Book for Teens
Bobbie Rosenfeld: The Olympian Who Could Do Everything
Bonnie's Fitware Task Cards: Food Card Challenge
The Canadian Babysitter's Handbook
Character Education: 43 Fitness Activities for Community Building
COPE for Teens (Creating Optimal Personal Experiences)
Discover Health Series: Discover Health (set of 8 audiotapes)
Discover Health Series: Discover Health Student Book
Discover Health Series: Discover Health Teacher's Edition
Discover Health Series: Life Skills: Human Body Transparencies
Discover Health Series: Teacher's Resource Library (CD-ROM)
The Esteem Theme Game
First Aid: First on the Scene: The Complete Guide to First Aid and CPR
FITNESSGRAM® 6.0 Test Kit
Game Skills: A Fun Approach to Learning Sport Skills
Guy's Guides: Chillin': A Guy's Guide to Friendship
KIDnastics®: A Child-Centered Approach to Teaching
Kids Helping Kids: A Peer Helping and Peer Mediation Training Manual for Elementary and Middle School Teachers and Counsellors
Kids Helping Kids: Student Manual and Workbook for Elementary and Middle School Students
McGraw-Hill Health Series: McGraw-Hill Health Grade Six. Student Book
McGraw-Hill Health Series: McGraw-Hill Health Grade Six. Teacher's Blackline Masters
McGraw-Hill Health Series: McGraw-Hill Health Grade Six. Teacher's Edition
Middle School Healthy Hearts in the Zone: A Heart Rate Monitoring Program for Lifelong Fitness
Ontario Health and Physical Education Curriculum Support: Grade 6
Planet Health: An Interdisciplinary Curriculum for Teaching Middle School Nutrition and Physical Activity
Special Needs Science: Understanding Differences
The Tough Stuff Series: Immediate Guidance for Troubled Students: Educator Guide
Walking Games and Activities
Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 6 Teaching Guide
Whether in, on, or around Water: Safety before Fun Series: Info Marine: Safety before Fun (CD-ROM)
Your Health: (Student Book) Grade 6
Your Health: Assessment Guide Grade 6
Your Health: Teacher's Edition Grade 6
Your Health: Teaching Resources Grade 6
Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 6

Grade 7

Adapted Physical Education and Sport
Amazing Women Athletes
The Anger Workout Book for Teens
Beyond the Basics: A Sourcebook on Sexual and Reproductive Health Education
Bobbie Rosenfeld: The Olympian Who Could Do Everything
The Canadian Babysitter's Handbook
Character Education: 43 Fitness Activities for Community Building
Chlamydia
Choices... F.I.T. (Fostering Independent Thinking)—A Substance Abuse Prevention Resource for Teachers Grades 4-8
COPE for Teens (Creating Optimal Personal Experiences)
Discover Health Series: Discover Health (set of 8 audiotapes)
Discover Health Series: Discover Health Student Book
Discover Health Series: Discover Health Teacher's Edition
Discover Health Series: Life Skills: Human Body Transparencies
Discover Health Series: Teacher's Resource Library (CD-ROM)
The Esteem Theme Game
First Aid: First on the Scene: The Complete Guide to First Aid and CPR
First Aid: Pocket Guide to Emergency First Aid
FITNESSGRAM® 6.0 Test Kit

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Game Skills: A Fun Approach to Learning Sport Skills
Guy's Guides: Chillin': A Guy's Guide to Friendship
Health for Life 1 (Student Edition)
Health for Life 1 Teacher's Resource (includes CD-ROM)
Kids in the Know Safety Curriculum
Kids Helping Kids: A Peer Helping and Peer Mediation Training Manual for Elementary and Middle School Teachers and Counsellors
Kids Helping Kids: Student Manual and Workbook for Elementary and Middle School Students
McGraw-Hill Ryerson Health Issues 7 (Student Book)
McGraw-Hill Ryerson Health Issues 7: Teacher's Resource Guide (includes Blackline Masters CD-ROM)
Me, My World, My Future: Parent Grams
Me, My World, My Future: Student Guide
Me, My World, My Future: Student Workbook
Me, My World, My Future: Student Workbook–Teacher's Copy
Me, My World, My Future: Teacher's Manual
Middle School Healthy Hearts in the Zone: A Heart Rate Monitoring Program for Lifelong Fitness
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Nurturing Girlpower: Integrating Eating Disorder Prevention/Intervention Skills into Your Practice
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Special Needs Science: Understanding Differences
The Tough Stuff Series: Immediate Guidance for Troubled Students: Educator Guide
Walking Games and Activities
Whether in, on, or around Water: Safety before Fun Series: Info Marine: Safety before Fun (CD-ROM)
Why Smoking Kills
Your Life: Your Choice: An Educational Resource for Teaching Young Teens about Alcohol

Grade 8

Adapted Physical Education and Sport
Amazing Women Athletes
The Anger Workout Book for Teens
Bobbie Rosenfeld: The Olympian Who Could Do Everything
Bonnie's Fitware Task Cards: Food Card Challenge
The Canadian Babysitter's Handbook
Character Education: 43 Fitness Activities for Community Building
COPE for Teens (Creating Optimal Personal Experiences)
Discover Health Series: Discover Health (set of 8 audiotapes)
Discover Health Series: Discover Health Student Book
Discover Health Series: Discover Health Teacher's Edition
Discover Health Series: Life Skills: Human Body Transparencies
Discover Health Series: Teacher's Resource Library (CD-ROM)
The Esteem Theme Game
First Aid: First on the Scene: The Complete Guide to First Aid and CPR
First Aid: Pocket Guide to Emergency First Aid
FITNESSGRAM® 6.0 Test Kit
Game Skills: A Fun Approach to Learning Sport Skills
Guy's Guides: Chillin': A Guy's Guide to Friendship
Health for Life 1 (Student Edition)
Health for Life 1 Teacher's Resource (includes CD-ROM)
Kids Helping Kids: A Peer Helping and Peer Mediation Training Manual for Elementary and Middle School Teachers and Counsellors
Kids Helping Kids: Student Manual and Workbook for Elementary and Middle School Students
McGraw-Hill Ryerson Health Issues 8 (Student Book)
McGraw-Hill Ryerson Health Issues 8: Teacher's Resource Guide (includes Blackline Masters CD-ROM)
Me, My World, My Future: Parent Grams
Me, My World, My Future: Student Guide
Me, My World, My Future: Student Workbook
Me, My World, My Future: Student Workbook–Teacher's Copy
Me, My World, My Future: Teacher's Manual

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Middle School Healthy Hearts in the Zone: A Heart Rate Monitoring Program for Lifelong Fitness
Nurturing Girlpower: Integrating Eating Disorder Prevention/Intervention Skills into Your Practice
Ontario Health and Physical Education Curriculum Support: Grade 8
Planet Health: An Interdisciplinary Curriculum for Teaching Middle School Nutrition and Physical Activity
Special Needs Science: Understanding Differences
The Tough Stuff Series: Immediate Guidance for Troubled Students: Educator Guide
Walking Games and Activities
Your Life: Your Choice: An Educational Resource for Teaching Young Teens about Alcohol

Senior 1

Acting Peace: A High School Violence Prevention Educational Resource and Tool Kit
Adapted Physical Education and Sport
Amazing Women Athletes
The Anger Workout Book for Teens
Beyond the Basics: A Sourcebook on Sexual and Reproductive Health Education
Bobbie Rosenfeld: The Olympian Who Could Do Everything
Drug-Affected Demonstrator
The Esteem Theme Game
Exercise Science: Foundations of Exercise Science: Studying Human Movement and Health (Student Edition)
Exercise Science: Studying Human Movement and Health: Graphic Package (CD-ROM)
Exercise Science: Studying Human Movement and Health: Teacher's Guide
FitFocus: Health and Physical Activity Analysis Software
Glencoe Health (Student Text)
Glencoe Health Teacher's Resource Binder
Kids in the Know Safety Curriculum
Kinetic Anatomy
Lifechoices: Healthy and Well: Student Book
Lifechoices: Healthy and Well: Teacher Resource
Lifechoices: Relationships: Student Book
Lifechoices: Relationships: Teacher Resource
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McGraw-Hill Ryerson Health Issues 9: Teacher's Resource Guide (includes Blackline Masters CD-ROM)
Nurturing Girlpower: Integrating Eating Disorder Prevention/Intervention Skills into Your Practice
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Ontario Health and Physical Education Curriculum Support: Grade 9-10 Supplement
Personal Fitness: Looking Good—Feeling Good (Student Edition)
Personal Fitness: Looking Good—Feeling Good: Teacher Edition
Personal Fitness: Looking Good—Feeling Good: Transparencies
Prentice Hall Health: Skills for Wellness: Classroom Manager
Prentice Hall Health: Skills for Wellness: Color Transparencies
Prentice Hall Health: Skills for Wellness Student Edition
Prentice Hall Health: Skills for Wellness: Teacher's Edition
Prentice Hall Health: Skills for Wellness: Teaching Resources
Sex, Drugs, & Rock and Roll: A Smart Teenager's Guide
Strengthening Your Physical Education Program with Innovative Fitness Strategies and Activities (Grades 6-12)
Walking Games and Activities

Senior 2

Acting Peace: A High School Violence Prevention Educational Resource and Tool Kit
Adapted Physical Education and Sport
Amazing Women Athletes
Beyond the Basics: A Sourcebook on Sexual and Reproductive Health Education
Bobbie Rosenfeld: The Olympian Who Could Do Everything
Drug-Affected Demonstrator
The Esteem Theme Game
Exercise Science: Foundations of Exercise Science: Studying Human Movement and Health (Student Edition)
Exercise Science: Studying Human Movement and Health: Graphic Package (CD-ROM)

Senior 2 (continued)

Exercise Science: Studying Human Movement and Health: Teacher's Guide
FitFocus: Health and Physical Activity Analysis Software
FoodFocus: Nutrition Analysis Software (Student Edition)
FoodFocus: Nutrition Analysis Software (Teacher Edition)
Glencoe Health (Student Text)
Glencoe Health Teacher's Resource Binder
Kinetic Anatomy
Lifechoices: Healthy and Well: Student Book
Lifechoices: Healthy and Well: Teacher Resource
Lifechoices: Relationships: Student Book
Lifechoices: Relationships: Teacher Resource
Nurturing Girlpower: Integrating Eating Disorder Prevention/Intervention Skills into Your Practice
Ontario Health and Physical Education Curriculum Support: Grade 10 Supplement
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Personal Fitness: Looking Good—Feeling Good (Student Edition)
Personal Fitness: Looking Good—Feeling Good: Teacher Edition
Personal Fitness: Looking Good—Feeling Good: Transparencies
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Prentice Hall Health: Skills for Wellness: Color Transparencies
Prentice Hall Health: Skills for Wellness Student Edition
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Health Education Resources: Kindergarten to Senior 2

Index of Titles by: Grade Grouping (K - 4, K - 8, 5 - 8)

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- A Book about Me: A Fun Way to Learn
- A Book about Me: A Fun Way to Learn: Curriculum Planner
- The c.a.r.e. Kit (Challenge Abuse through Respect Education)
- Chuck in the City
- Eat Well and Keep Moving: An Interdisciplinary Curriculum for Teaching Upper Elementary School Nutrition and Physical Activity (includes CD-ROM)
- Franklin Forgets
- Franklin Goes to the Hospital
- Franklin's Bicycle Helmet
- Game Skills: A Fun Approach to Learning Sport Skills
- Health Promotion Wave Grade 1
- Hi New Baby!
- KIDnastics®: A Child-Centered Approach to Teaching
- Let the Games Begin!
- Ontario Health and Physical Education Curriculum Support: Grade 1
- Ontario Health and Physical Education Curriculum Support: Grade 2
- Ontario Health and Physical Education Curriculum Support: Grade 3
- Ontario Health and Physical Education Curriculum Support: Grade 4
- Ontario Health and Physical Education Curriculum Support: Kindergarten
- Treasure for Lunch
- Victoria's Smile
- Whether in, on, or around Water: Safety before Fun Series: Water Smart / Aqua Bon Elementary Grades 3 - 4
- Your Health: (Student Book) Grade 1
- Your Health: (Student Book) Grade 2
- Your Health: (Student Book) Grade 3
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- Your Health: Assessment Guide Grade 1
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- Your Health: Big Book Grade 1
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- Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 3
- Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 4
- Zachary's Ball

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- Adapted Physical Education and Sport
- Citizenship and Personal, Social and Health Education Book 1 (Pupil Book - Grade 2)
- Citizenship and Personal, Social and Health Education Book 2 (Pupil Book - Grade 3)
- Citizenship and Personal, Social and Health Education Book 3 (Pupil Book - Grade 4)
- Citizenship and Personal, Social and Health Education Book 4 (Pupil Book - Grade 5)
- Citizenship and Personal, Social and Health Education Teachers' Resource Book 1 (Grade 2)
- Citizenship and Personal, Social and Health Education Teachers' Resource Book 2 (Grade 3)
- Citizenship and Personal, Social and Health Education Teachers' Resource Book 3 (Grade 4)
- Citizenship and Personal, Social and Health Education Teachers' Resource Book 4 (Grade 5)
- First Aid: First on the Scene: The Complete Guide to First Aid and CPR

Grade Group: K - 8 (continued)

Kids in the Know Safety Curriculum
McGraw-Hill Health Series: McGraw-Hill Health Kindergarten. Big Book
McGraw-Hill Health Series: McGraw-Hill Health Kindergarten. Teacher Health Kit
McGraw-Hill Health Series: McGraw-Hill Health Kindergarten. Teacher's Edition
McGraw-Hill Health Series: McGraw-Hill Health Grade One. Big Book 1
McGraw-Hill Health Series: McGraw-Hill Health Grade One. Big Book 2
McGraw-Hill Health Series: McGraw-Hill Health Grade One. Student Book
McGraw-Hill Health Series: McGraw-Hill Health Grade One. Teacher Health Kit
McGraw-Hill Health Series: McGraw-Hill Health Grade One. Teacher's Edition
McGraw-Hill Health Series: McGraw-Hill Health Grade Two. Big Book 1
McGraw-Hill Health Series: McGraw-Hill Health Grade Two. Big Book 2
McGraw-Hill Health Series: McGraw-Hill Health Grade Two. Student Book
McGraw-Hill Health Series: McGraw-Hill Health Grade Two. Teacher Health Kit
McGraw-Hill Health Series: McGraw-Hill Health Grade Two. Teacher's Edition
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McGraw-Hill Health Series: McGraw-Hill Health Grade Three. Teacher's Blackline Masters
McGraw-Hill Health Series: McGraw-Hill Health Grade Three. Teacher's Edition
McGraw-Hill Health Series: McGraw-Hill Health Grade Four. Student Book
McGraw-Hill Health Series: McGraw-Hill Health Grade Four. Teacher's Blackline Masters
McGraw-Hill Health Series: McGraw-Hill Health Grade Four Teacher's Edition
McGraw-Hill Health Series: McGraw-Hill Health Grade Five. Student Book
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Grade Group: 5 - 8

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The Anger Workout Book for Teens
Beyond the Basics: A Sourcebook on Sexual and Reproductive Health Education
Bobbie Rosenfeld: The Olympian Who Could Do Everything
Bonnie's Fitware Task Cards: Food Card Challenge
The Canadian Babysitter's Handbook
Character Education: 43 Fitness Activities for Community Building
Chlamydia
Choices… F.I.T. (Fostering Independent Thinking)—A Substance Abuse Prevention Resource for Teachers Grades 4-8
COPE for Teens (Creating Optimal Personal Experiences)
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Discover Health Series: Discover Health Student Book
Discover Health Series: Discover Health Teacher's Edition
Discover Health Series: Life Skills: Human Body Transparencies
Discover Health Series: Teacher's Resource Library (CD-ROM)
Eat Well and Keep Moving: An Interdisciplinary Curriculum for Teaching Upper Elementary School Nutrition and Physical Activity (includes CD-ROM)

Grade Group: 5 - 8 (continued)

The Esteem Theme Game
First Aid: Pocket Guide to Emergency First Aid
FITNESSGRAM® 6.0 Test Kit
Game Skills: A Fun Approach to Learning Sport Skills
Guy's Guides: Chillin': A Guy's Guide to Friendship
Health for Life 1 (Student Edition)
Health for Life 1 Teacher's Resource (includes CD-ROM)
Hi New Baby!
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Kids Helping Kids: Student Manual and Workbook for Elementary and Middle School Students
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McGraw-Hill Ryerson Health Issues 8 (Student Book)
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Me, My World, My Future: Student Workbook
Me, My World, My Future: Student Workbook–Teacher's Copy
Me, My World, My Future: Teacher's Manual
Middle School Healthy Hearts in the Zone: A Heart Rate Monitoring Program for Lifelong Fitness
NICOteen™ Program (A Smoking Prevention Program)
Nurturing Girlpower: Integrating Eating Disorder Prevention/Intervention Skills into Your Practice
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Ontario Health and Physical Education Curriculum Support: Grade 6
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Planet Health: An Interdisciplinary Curriculum for Teaching Middle School Nutrition and Physical Activity
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Your Health: Assessment Guide Grade 5
Your Health: Assessment Guide Grade 6
Your Health: Teacher's Edition Grade 5
Your Health: Teacher's Edition Grade 6
Your Health: Teaching Resources Grade 5
Your Health: Teaching Resources Grade 6
Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 5
Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 6
Your Life: Your Choice: An Educational Resource for Teaching Young Teens about Alcohol

Health Education Resources: Kindergarten to Senior 2

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The Canadian Babysitter's Handbook
Chlamydia
First Aid: First on the Scene: The Complete Guide to First Aid and CPR
First Aid: Pocket Guide to Emergency First Aid
Guy's Guides: Chillin': A Guy's Guide to Friendship
Kids in the Know Safety Curriculum
Me, My World, My Future: Parent Grams
Me, My World, My Future: Student Workbook
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Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 5 Teaching Guide
Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 6 Teaching Guide
Your Life: Your Choice: An Educational Resource for Teaching Young Teens about Alcohol

Students with Special Needs

Adapted Physical Education and Sport
Special Needs Science: Understanding Differences

Student - Breadth

First Aid: Pocket Guide to Emergency First Aid
FITNESSGRAM® 6.0 Test Kit
Lifechoices: Healthy and Well: Student Book

Student - Breadth and Depth

The Canadian Babysitter's Handbook
Discover Health Series: Discover Health (set of 8 audiotapes)
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McGraw-Hill Health Series: McGraw-Hill Health Grade Four. Student Book
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Student - Breadth and Depth (continued)

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Me, My World, My Future: Student Guide
Prentice Hall Health: Skills for Wellness Student Edition
Personal Fitness: Looking Good—Feeling Good (Student Edition)
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Student - Depth

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Franklin Goes to the Hospital
Franklin's Bicycle Helmet
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Whether in, on, or around Water: Safety before Fun Series: Water Smart / Aqua Bon Elementary Grades 5 - 6
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Teacher Reference

Adapted Physical Education and Sport
Acting Peace: A High School Violence Prevention Educational Resource and Tool Kit
The Anger Workout Book for Teens
Beyond the Basics: A Sourcebook on Sexual and Reproductive Health Education
Bonnie's Fitware Task Cards: Food Card Challenge
A Book about Me: A Fun Way to Learn: Curriculum Planner
The c.a.r.e. Kit (Challenge Abuse through Respect Education)
The Canadian Babysitter's Handbook
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Citizenship and Personal, Social and Health Education Teachers' Resource Book 1 (Grade 2)

Teacher Reference (continued)

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Citizenship and Personal, Social and Health Education Teachers' Resource Book 4 (Grade 5)
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Discover Health Series: Teacher's Resource Library (CD-ROM)
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First Aid: Pocket Guide to Emergency First Aid
FitFocus: Health and Physical Activity Analysis Software
FITNESSGRAM® 6.0 Test Kit
FoodFocus: Nutrition Analysis Software (Teacher Edition)
Game Skills: A Fun Approach to Learning Sport Skills
Glencoe Health Teacher's Resource Binder
Guy's Guides: Chillin': A Guy's Guide to Friendship
Health for Life 1 Teacher's Resource (includes CD-ROM)
Health Promotion Wave Grade 1
KIDnastics®: A Child-Centered Approach to Teaching
Kids in the Know Safety Curriculum
Kids Helping Kids: A Peer Helping and Peer Mediation Training Manual for Elementary and Middle School Teachers and Counsellors
Kids Helping Kids: Student Manual and Workbook for Elementary and Middle School Students
Lifechoices: Healthy and Well: Teacher Resource
Lifechoices: Relationships: Teacher Resource
McGraw-Hill Health Series: McGraw-Hill Health Kindergarten. Teacher Health Kit
McGraw-Hill Health Series: McGraw-Hill Health Kindergarten. Teacher's Edition
McGraw-Hill Health Series: McGraw-Hill Health Grade One. Teacher Health Kit
McGraw-Hill Health Series: McGraw-Hill Health Grade One. Teacher's Edition
McGraw-Hill Health Series: McGraw-Hill Health Grade Two. Teacher Health Kit
McGraw-Hill Health Series: McGraw-Hill Health Grade Two. Teacher's Edition
McGraw-Hill Health Series: McGraw-Hill Health Grade Three. Teacher's Blackline Masters
McGraw-Hill Health Series: McGraw-Hill Health Grade Three. Teacher's Edition
McGraw-Hill Health Series: McGraw-Hill Health Grade Four. Teacher's Blackline Masters
McGraw-Hill Health Series: McGraw-Hill Health Grade Four. Teacher's Edition
McGraw-Hill Health Series: McGraw-Hill Health Grade Five. Teacher's Blackline Masters
McGraw-Hill Health Series: McGraw-Hill Health Grade Five. Teacher's Edition
McGraw-Hill Health Series: McGraw-Hill Health Grade Six. Teacher's Blackline Masters
McGraw-Hill Health Series: McGraw-Hill Health Grade Six. Teacher's Edition
McGraw-Hill Ryerson Health Issues 7: Teacher's Resource Guide (includes Blackline Masters CD-ROM)
McGraw-Hill Ryerson Health Issues 8: Teacher's Resource Guide (includes Blackline Masters CD-ROM)
McGraw-Hill Ryerson Health Issues 9: Teacher's Resource Guide (includes Blackline Masters CD-ROM)
Me, My World, My Future: Parent Grams
Me, My World, My Future: Student Workbook–Teacher's Copy
Me, My World, My Future: Teacher's Manual
Middle School Healthy Hearts in the Zone: A Heart Rate Monitoring Program for Lifelong Fitness
NICOteen™ Program (A Smoking Prevention Program)
Nurturing Girlpower: Integrating Eating Disorder Prevention/Intervention Skills into Your Practice
Ontario Health and Physical Education Curriculum Support: Grade 1

Teacher Reference (continued)

Ontario Health and Physical Education Curriculum Support: Grade 10 Supplement
Ontario Health and Physical Education Curriculum Support: Grade 2
Ontario Health and Physical Education Curriculum Support: Grade 3
Ontario Health and Physical Education Curriculum Support: Grade 4
Ontario Health and Physical Education Curriculum Support: Grade 5
Ontario Health and Physical Education Curriculum Support: Grade 6
Ontario Health and Physical Education Curriculum Support: Grade 7
Ontario Health and Physical Education Curriculum Support: Grade 8
Ontario Health and Physical Education Curriculum Support: Grade 9-10 Supplement
Ontario Health and Physical Education Curriculum Support: Kindergarten
Personal Fitness: Looking Good—Feeling Good: Teacher Edition
Personal Fitness: Looking Good—Feeling Good: Transparencies
Planet Health: An Interdisciplinary Curriculum for Teaching Middle School Nutrition and Physical Activity
Prentice Hall Health: Skills for Wellness: Classroom Manager
Prentice Hall Health: Skills for Wellness: Color Transparencies
Prentice Hall Health: Skills for Wellness: Teacher's Edition
Prentice Hall Health: Skills for Wellness: Teaching Resources
Sex, Drugs, & Rock and Roll: A Smart Teenager's Guide
Special Needs Science: Understanding Differences
Strengthening Your Physical Education Program with Innovative Fitness Strategies and Activities (Grades 6-12)
Walking Games and Activities
Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 3 Teaching Guide
Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 4 Teaching Guide
Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 5 Teaching Guide
Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 6 Teaching Guide
Whether in, on, or around Water: Safety before Fun Series: Info Marine: Safety before Fun (CD-ROM)
Why Smoking Kills
Your Health: Assessment Guide Grade 1
Your Health: Assessment Guide Grade 2
Your Health: Assessment Guide Grade 3
Your Health: Assessment Guide Grade 4
Your Health: Assessment Guide Grade 5
Your Health: Assessment Guide Grade 6
Your Health: Big Book Teacher's Guide Grade 1
Your Health: Teacher's Edition Grade 1
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Your Health: Teaching Resources Grade 1
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Your Health: Teaching Resources Grade 3
Your Health: Teaching Resources Grade 4
Your Health: Teaching Resources Grade 5
Your Health: Teaching Resources Grade 6
Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 1
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Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 3
Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 4
Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 5
Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 6
Your Life: Your Choice: An Educational Resource for Teaching Young Teens about Alcohol

Teacher Reference/Professional Development

Character Education: 43 Fitness Activities for Community Building
COPE for Teens (Creating Optimal Personal Experiences)
Kinetic Anatomy
The Tough Stuff Series: Immediate Guidance for Troubled Students: Educator Guide

Health Education Resources: Kindergarten to Senior 2

Index of Titles by: Format

CD-ROM

Chlamydia
Exercise Science: Studying Human Movement and Health: Graphic Package (CD-ROM)
Why Smoking Kills

Computer Software

FitFocus: Health and Physical Activity Analysis Software
FoodFocus: Nutrition Analysis Software
FoodFocus: Nutrition Analysis Software (Student Edition)
FoodFocus: Nutrition Analysis Software (Teacher Edition)

Flash Card

Bonnie's Fitware Task Cards: Food Card Challenge

Game

The Esteem Theme Game

Internet Site

Your Life: Your Choice: An Educational Resource for Teaching Young Teens about Alcohol

Kit

The c.a.r.e. Kit (Challenge Abuse through Respect Education)
Drug-Affected Demonstrator
FITNESSGRAM® 6.0 Test Kit
Health Promotion Wave Grade 1
NICOteen™ Program (A Smoking Prevention Program)

Print-Integrated Resource (Multi-Component)

Citizenship and Personal, Social and Health Education
Citizenship and Personal, Social and Health Education Book 1 (Pupil Book - Grade 2)
Citizenship and Personal, Social and Health Education Book 2 (Pupil Book - Grade 3)
Citizenship and Personal, Social and Health Education Book 3 (Pupil Book - Grade 4)
Citizenship and Personal, Social and Health Education Book 4 (Pupil Book - Grade 5)
Citizenship and Personal, Social and Health Education Teachers' Resource Book 1 (Grade 2)
Citizenship and Personal, Social and Health Education Teachers' Resource Book 2 (Grade 3)
Citizenship and Personal, Social and Health Education Teachers' Resource Book 3 (Grade 4)
Citizenship and Personal, Social and Health Education Teachers' Resource Book 4 (Grade 5)
Discover Health Series
Discover Health Series: Discover Health (set of 8 audiotapes)
Discover Health Series: Discover Health Student Book
Discover Health Series: Discover Health Teacher's Edition
Discover Health Series: Teacher's Resource Library (CD-ROM)
Exercise Science: Foundations of Exercise Science: Studying Human Movement and Health (Student Edition)
Exercise Science: Studying Human Movement and Health
Exercise Science: Studying Human Movement and Health: Teacher's Guide
Glencoe Health
Glencoe Health (Student Text)
Glencoe Health Teacher's Resource Binder
Health for Life 1
Health for Life 1 (Student Edition)
Health for Life 1 Teacher's Resource (includes CD-ROM)

Print-Integrated Resource (Multi-Component) (continued)

Lifechoices
Lifechoices: Healthy and Well: Student Book
Lifechoices: Healthy and Well: Teacher Resource
Lifechoices: Relationships: Student Book
Lifechoices: Relationships: Teacher Resource
McGraw-Hill Health Series
McGraw-Hill Health Series: McGraw-Hill Health Kindergarten. Big Book
McGraw-Hill Health Series: McGraw-Hill Health Kindergarten. Teacher Health Kit
McGraw-Hill Health Series: McGraw-Hill Health Kindergarten. Teacher's Edition
McGraw-Hill Health Series: McGraw-Hill Health Grade One. Big Book 1
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McGraw-Hill Health Series: McGraw-Hill Health Grade One. Teacher's Edition
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McGraw-Hill Health Series: McGraw-Hill Health Grade Two. Big Book 2
McGraw-Hill Health Series: McGraw-Hill Health Grade Two. Student Book
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McGraw-Hill Health Series: McGraw-Hill Health Grade Two. Teacher's Edition
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McGraw-Hill Health Series: McGraw-Hill Health Grade Three. Teacher's Blackline Masters
McGraw-Hill Health Series: McGraw-Hill Health Grade Three. Teacher's Edition
McGraw-Hill Health Series: McGraw-Hill Health Grade Four. Student Book
McGraw-Hill Health Series: McGraw-Hill Health Grade Four. Teacher's Blackline Masters
McGraw-Hill Health Series: McGraw-Hill Health Grade Four. Teacher's Edition
McGraw-Hill Health Series: McGraw-Hill Health Grade Five. Student Book
McGraw-Hill Health Series: McGraw-Hill Health Grade Five. Teacher's Blackline Masters
McGraw-Hill Health Series: McGraw-Hill Health Grade Five. Teacher's Edition
McGraw-Hill Health Series: McGraw-Hill Health Grade Six. Student Book
McGraw-Hill Health Series: McGraw-Hill Health Grade Six. Teacher's Blackline Masters
McGraw-Hill Health Series: McGraw-Hill Health Grade Six. Teacher's Edition
McGraw-Hill Ryerson Health Issues
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McGraw-Hill Ryerson Health Issues 7: Teacher's Resource Guide (includes Blackline Masters CD-ROM)
McGraw-Hill Ryerson Health Issues 8 (Student Book)
McGraw-Hill Ryerson Health Issues 8: Teacher's Resource Guide (includes Blackline Masters CD-ROM)
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Me, My World, My Future: Student Guide
Me, My World, My Future: Student Workbook
Me, My World, My Future: Student Workbook–Teacher's Copy
Me, My World, My Future: Teacher's Manual
Personal Fitness: Looking Good—Feeling Good
Personal Fitness: Looking Good—Feeling Good (Student Edition)
Personal Fitness: Looking Good—Feeling Good: Teacher Edition
Personal Fitness: Looking Good—Feeling Good: Transparencies
Prentice Hall Health: Skills for Wellness
Prentice Hall Health: Skills for Wellness: Classroom Manager
Prentice Hall Health: Skills for Wellness: Color Transparencies
Prentice Hall Health: Skills for Wellness Student Edition
Prentice Hall Health: Skills for Wellness: Teacher's Edition
Prentice Hall Health: Skills for Wellness: Teaching Resources
Whether in, on, or around Water: Safety before Fun Series
Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 3 Teaching Guide

Print-Integrated Resource (Multi-Component) (continued)

Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 4 Teaching Guide
Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 5 Teaching Guide
Whether in, on, or around Water: Safety before Fun Series: Elementary Grade 6 Teaching Guide
Whether in, on, or around Water: Safety before Fun Series: Info Marine: Safety before Fun (CD-ROM)
Whether in, on, or around Water: Safety before Fun Series: Water Smart / Aqua Bon Elementary Grades 3 - 4
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Your Health
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Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 5
Your Health: Teaching Transparencies with Accompanying Copying Masters Grade 6

Print-Non-Fiction

Acting Peace: A High School Violence Prevention Educational Resource and Tool Kit
Adapted Physical Education and Sport
Amazing Women Athletes
The Anger Workout Book for Teens
Beyond the Basics: A Sourcebook on Sexual and Reproductive Health Education
Bobbie Rosenfeld: The Olympian Who Could Do Everything
A Book about Me: A Fun Way to Learn
A Book about Me: A Fun Way to Learn: Curriculum Planner
The Canadian Babysitter's Handbook
Character Education: 43 Fitness Activities for Community Building
Choices... F.I.T. (Fostering Independent Thinking)—A Substance Abuse Prevention Resource for Teachers Grades 4-8
Complete Physical Education Plans for Grades 7-12 (contains CD-ROM)
COPE for Teens (Creating Optimal Personal Experiences)
Eat Well and Keep Moving: An Interdisciplinary Curriculum for Teaching Upper Elementary School Nutrition and Physical Activity (includes CD-ROM)
First Aid: First on the Scene: The Complete Guide to First Aid and CPR
First Aid: Pocket Guide to Emergency First Aid
Game Skills: A Fun Approach to Learning Sport Skills
Guy's Guides: Chillin': A Guy's Guide to Friendship
KIDnastics®: A Child-Centered Approach to Teaching
Kids in the Know Safety Curriculum
Kids Helping Kids: A Peer Helping and Peer Mediation Training Manual for Elementary and Middle School Teachers and Counsellors

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Kinetic Anatomy
Middle School Healthy Hearts in the Zone: A Heart Rate Monitoring Program for Lifelong Fitness
Nurturing Girlpower: Integrating Eating Disorder Prevention/Intervention Skills into Your Practice
Ontario Health and Physical Education Curriculum Support
Ontario Health and Physical Education Curriculum Support: Grade 1
Ontario Health and Physical Education Curriculum Support: Grade 10 Supplement
Ontario Health and Physical Education Curriculum Support: Grade 3
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Ontario Health and Physical Education Curriculum Support: Grade 9-10 Supplement
Ontario Health and Physical Education Curriculum Support: Kindergarten
Planet Health: An Interdisciplinary Curriculum for Teaching Middle School Nutrition and Physical Activity
Sex, Drugs, & Rock and Roll: A Smart Teenager's Guide
Special Needs Science: Understanding Differences
Strengthening Your Physical Education Program with Innovative Fitness Strategies and Activities (Grades 6-12)
The Tough Stuff Series: Immediate Guidance for Troubled Students: Educator Guide
Walking Games and Activities

Print-Picture Book

Ballerinas Don't Wear Glasses
Chuck in the City
Franklin Forgets
Franklin Goes to the Hospital
Franklin's Bicycle Helmet
Hi New Baby!
Let the Games Begin!
Ontario Health and Physical Education Curriculum Support: Grade 2
Treasure for Lunch
Victoria's Smile
Zachary's Ball

Transparencies

Discover Health Series: Life Skills: Human Body Transparencies

Distributor Directory

Note: All resources in this bibliography can also be purchased through the Manitoba Text Book Bureau (see listing under MTBB).

ADCI Alcohol and Drug Concerns, Inc.
112 - 4500 Sheppard Avenue East
Toronto, ON M1S 3R6
(416) 293-3400
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WEBSITE: www.concerns.ca

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BonFit Bonnie's Fitware, Inc.
18832 Stefani Avenue
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WEBSITE: www.pesoftware.com

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Email: mcleods@shaw.ca
WEBSITE: www.can-cope.com

CDS Canbook Distribution Services
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CDP Community Dance Project
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Vancouver, BC V5N 1H7
(604) 254-5678
Email: marian@marianrose.com
WEBSITE: www.marianrose.com

CFMI Child Find Manitoba Inc.
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Winnipeg, MB R3G 0N4
(204) 945-5735
(800) 532-9135
Fax: (204) 948-2461
Email: lm@childfind.mb.ca
WEBSITE: http://www.childfind.mb.ca

CRCMB Canadian Red Cross Society, The
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EEP Exclusive Educational Products
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WEBSITE:
http://www.exclusiveeducational.ca/index.html

EST The Esteem Theme Company
P.O. Box 21832
Dartmouth, NS B2W 6E2
(902) 441-4153
Email: successaholic@hotmail.com

FFS FoodFocus
721 South Drive
Winnipeg, MB R3T 0C2
(204) 453-6060
Fax: (204) 477-9906
Email: vprowse@foodfocus.com
WEBSITE: http://www.foodfocus.com

FQT Federation quebecoise de tennis
285, rue Faillon Ouest
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WEBSITE: www.tennis.qc.ca

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WEBSITE: http://www.kendallhunt.com

LIFE
Lifesaving Society
504 - 138 Portage Avenue E.
Winnipeg, MB R2M 0H5
(204) 956-2124
Fax: (204) 944-8546
Email: ls_exdir@mts.net
WEBSITE: www.mb.livesaving.ca

LRC
Learning Resource Centre
12360 - 142 Street
Edmonton, AB T5L 4X9
(780) 427-2767
Fax: (780) 422-9750
WEBSITE: www.lrc.learning.gov.ab.ca

MHR
McGraw-Hill Ryerson Limited
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WEBSITE: http://www.mcgrawhill.ca

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WEBSITE: http://www.mtbb.mb.ca

OPH
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1185 Eglinton Ave E.
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WEBSITE: http://www.ophea.org

ORC
Orca Book Publishers Ltd.
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Victoria, BC V8T 1A8
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(800) 210-5277
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Email: orca@orcabook.com
WEBSITE: http://www.orcabook.com

PEER
Peer Resources
1052 Davie Street
Victoria, BC V8S 4E3
(250) 595-3503
(800) 567-3700
Fax: (250) 595-3504
Email: info@peer.ca
WEBSITE: www.peer.ca/peer.html

PPF
Planned Parenthood Federation of Canada
1 Nicholas Street
Suite 430
Ottawa, ON K1N 7B7
(613) 241-4474
Fax: (613) 241-7550
Email: admin@ppfc.ca
WEBSITE: http://www.ppfc.ca

PRN
Pearson Education Canada
School Division
26 Prince Andrew Place
Toronto, ON M3C 2T8
(416) 447-5101
Fax: (416) 443-0948
WEBSITE: http://www.pearsoned.ca

PSY
Psycan Corporation
12 - 120 West Beaver Creek Road
Richmond Hill, ON L4B 1L2
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723 E. Jackson
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Fax: (509) 482-7994
Email: teenaid@teen-aid.org
WEBSITE: www.teen-aid.org

TIRI TiriMedisc
6550 Pacific Drive
Duncan, BC V9L 5S5
(250) 652-3911
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